

# Southwestern Chicken & Yellow Rice Bowl

*Recipe makes 6 meals*

## Ingredients

- 1 lb Lean Ground Chicken
- 15 oz can Corn, drained
- 10 oz Vigo Yellow Rice, dry
- 10 oz frozen Pepper & Onions
- 1.25 oz pack Fajita Seasoning Mix
- 1.5 cups Reduced Fat Fiesta Blend Cheese
- 1 Tbsp Olive Oil
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

**Calories - 470**  
**Fat - 15g**  
**Carbohydrates - 55g**  
**Protein - 27g**  
**\*Fiber - 4g**

Estimated Cost  
Per Meal

**\$1.86**

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# Instructions

- 1. Start by cooking your yellow rice using your preferred method. When it's done, set it aside.**
- 2. Heat a large skillet over medium-high heat and add in 1 Tbsp of olive oil. Once your oil is hot, add in your ground chicken and cook until no longer pink, breaking it up in the process.**
- 3. Once your chicken is cooked through, add in your frozen peppers & onions, and can of drained corn. Cook until the liquid evaporates.**
- 4. Next, add in your packet of fajita seasoning, 1 Tbsp of garlic powder, and 1/2 Tbsp of onion powder. Mix well and cook uncovered for another 2-3 minutes.**
- 5. When that's done, give it a taste, and add salt and pepper to preference.**
- 6. Portion your rice and chicken out into your meal containers, and top each meal with 1/4 cup of shredded cheese.**
- 7. Enjoy!**



# Notes

- **I originally bought a can of black beans to add to this meal as well. But because I keep all of my meals under a certain carb amount, I had to leave them out. But, if you are looking for an easy way to increase the protein and fiber content, black beans would be a great addition.**
- **If you cannot find this brand of rice, you can use whatever rice you prefer. But this rice is really tasty and worth trying to find it if you can. Also, if you do use this rice, be sure not to rinse it before cooking, or you will rinse off the seasoning.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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