

# Foster's Body & Paint

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## Spicy Chicken and Rice

### **Ingredients:**

- 4 boneless skinless chicken breast halves (6 oz. each)
- 2 cans (14 ½ oz. each) diced tomatoes with mild green chilies, undrained
- 2 medium green peppers, chopped
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tsp. smoked paprika
- ¾ tsp. salt
- ½ tsp. ground cumin
- ½ tsp. ground chipotle pepper
- 6 cups cooked brown rice
- 1 can (15 oz.) black beans, rinsed and drained
- ½ cup shredded cheddar cheese
- ½ cup reduced-fat sour cream



### **Preparations:**

- 1.) Place chicken in a 4 or 5 quart slow cooker. In a large bowl, combine the tomatoes, green peppers, onion, garlic, paprika, salt, cumin and chipotle pepper; pour over chicken. Cover and cook on low for 5-6 hours or until chicken is tender.
- 2.) Shred chicken with two forks and return to the slow cooker. Stir in rice and beans; heat through. Garnish with cheese and sour cream.

Makes 8 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)