

Foodnity Recipes

Chicken Burrito Bowl (Slow Cooker)

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs bone-in chicken thighs, trimmed
- [ ] 1 cup brown rice, rinsed
- [ ] 1 can (15 oz) black beans, drained and rinsed
- [ ] 1 cup frozen corn kernels
- [ ] 1 red bell pepper, diced
- [ ] 1 small onion, chopped
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil

For the Sauce

- [ ] 1/4 cup fresh cilantro, finely chopped
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 1 tsp cumin
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp smoked paprika
- [ ] 1/2 cup low-sodium chicken broth

Toppings

- [ ] 1 avocado, sliced
- [ ] 1/4 cup shredded cheddar cheese
- [ ] Fresh cilantro leaves
- [ ] Lime wedges

Instructions

1. Season the chicken thighs generously with salt, pepper, cumin, and chili powder.
2. In a skillet, heat olive oil over medium heat, brown the chicken on both sides for about 3 minutes per side – this adds depth, then transfer to the slow cooker.
3. Add rice, beans, corn, bell pepper, onion, and garlic around the chicken. Pour the broth-lime-honey mixture over everything.
4. Set the slow cooker to LOW and cook for 6-7 hours, until chicken is tender and rice is fluffy.
5. When done, shred the chicken gently, stir in the cilantro-lime sauce, and let it sit for 5 minutes.
6. Serve bowls topped with avocado, cheese, fresh cilantro, and a lime wedge. Pair with a side of quick-easy salad if you like.

Nutrition per serving

420 kcal	28 g	50 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bowl, add sliced jalapeños to the sauce.
- For a lower-carb version, replace rice with cauliflower rice.
- Taste the sauce before adding; adjust lime or honey to your preference.