

SALSA CHICKEN, BEANS & RICE

1 lb boneless, skinless, chicken breasts	1 c salsa (mild or medium to taste)
2 t olive oil	2 c instant brown rice
1 med red or green bell pepper, chopped	¼ c minced cilantro
1 can (14.5 oz) reduced sodium chicken broth	
1 can (15 oz) lima beans, kidney beans OR blackeyes, drained & rinsed	

Cut chicken into ½ inch cubes. In a large skillet with lid or a Dutch oven, heat oil over medium heat. Add chicken and bell pepper, sauté until chicken is lightly browned, about 5 minutes.

Add broth, salsa and rice to chicken. Bring to a simmer. Cover, reduce heat to low and cook 5 minutes or until rice is tender. Stir in beans and cilantro. Cover and cook over low heat until heated through, about 5 minutes.

Serves 4.