

# Chipotle Chicken Bowls



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Recipe by: Laura Vitale

Serves 4-6

**Prep Time: 25 minutes**  
**Cook Time: 30 minutes**

## Ingredients

### For the chicken and marinade:

- 2lb of Boneless, Skinless Chicken Thighs
- 2 Chipotles in Adobo plus 1 tbsp of the sauce from the can
- Juice of 1 Lime, about 2 tbsp
- 2 Scallions, roughly chopped
- 2 Cloves of Garlic, smashed
- 1 tsp of Oregano
- 1/2 tsp of Cumin
- 1 tsp of Chili Powder
- 1 tsp of Granulated Garlic
- 1 tsp of Granulated Onion
- 1 Tbsp of Chicken Bouillon Powder
- Pinch of Salt
- 2 Tbsp of Olive Oil
- 2 Tbsp of Water

### For the Corn Salsa:

- 1 14.5 oz can of Corn Kernels, drained and rinsed
- 1/4 of a Red Onion, minced
- 1/2 of a Jalapeno, seeded and minced
- Finely chopped Cilantro to taste
- Salt to taste
- Juice of about 1/2 Lime

### For the Beans:

- 1 14.5 oz can of Pinto Beans, drained and rinsed
- 1 Tbsp of Neutral Oil
- 1/2 of a small Onion, minced
- 2 cloves of Garlic, minced
- 1/2 Jalapeno, minced
- 1 cup of Chicken Stock
- Couple tsp of Chipotle in adobo sauce from the can
- Salt to taste

### For the rice:

- 1-1/2 cups of Long Grain Rice, well rinsed
- Juice of 1 Lime
- 1 Tbsp of Chicken Bouillon
- 1 Dry Bay Leaf
- Salt to taste
- Fresh Cilantro to taste, finely chopped

1) In a blender, add all the ingredients for the chicken marinade and blend until smooth, add to a bowl with the chicken (pierce each piece of chicken a few times with a sharp knife so the marinade really penetrates) coat to cover the chicken then cover and refrigerate for a minimum of 4 hours.

2) Right before cooking, work on your other components. To make the beans, in a saucepan, add the oil, onion, jalapeno and garlic, saute until translucent then add the beans, chicken stock, chipotle sauce and slowly simmer for about 15 minutes, season with salt to taste then right as they are about done, smash some gently against the side of the pot with a wooden spoon to thicken slightly and set aside.

3) To make the rice, In a saucepan, add plenty of water (at least triple the amount of rice so if you're using 1.5 cups of rice, use about 6 cups of water) along with the bouillon powder, bay leaf and pinch of salt, bring to a boil, add the rice, cook uncovered about 8 minutes or until very al dente, then drain well, place the partially cooked rice in the pot (I leave it in the strainer) cover and let sit 10 minutes, finish with fresh cilantro and lime juice.

4) Make the corn salsa by mixing together all the ingredients for the salsa then set aside.

5) Take the chicken out 10 minutes before cooking, then cook on either an outdoor or indoor grill until cooked through. Serve your bowls with any additional toppings such as pico and guac and dive in!

