



# Noreen's Kitchen

## Rainbow Chicken Taco Bowls

### Ingredients

#### **Taco Filing**

2 pounds ground chicken  
2 tablespoons vegetable oil  
½ cup taco seasoning \*  
2- 10-ounce cans, diced tomatoes and green chilies  
2 14-ounce cans black beans, drained  
¼ cup water (if needed)

#### **Taco Bowl Accompaniments**

Cilantro lime rice  
Oven roasted corn  
Diced avocado  
Diced tomato  
Diced green onion  
Diced red onion  
Crumbled Queso Fresco  
Taco sauce and/or salsa or pico de gallo  
Sour cream  
Tortilla chips

### Step by Step Instructions

To prepare taco filling:

Heat vegetable oil in a large skillet over medium high heat.

Add ground chicken to the pan and brown while breaking up until the meat is cooked through and the mixture sizzles and does not simmer. You want to be sure any water has cooked away before adding additional ingredients.

Add black beans along with the diced tomatoes and green chilies. Stir well to combine.

Add taco seasoning\* and mix well to incorporate.

At this point decide if you need more liquid and add the water if necessary. Stir in and simmer, over low heat, for 10 minutes.

To assemble taco bowls:

Add a bed of cilantro rice to the bottom of your bowl.

Top with a portion of the chicken taco meat.

Arrange desired toppings over the meat mixture.

Top with a dollop of sour cream or Mexican crema along with some crushed tortilla chips if desired.

Serve with taco sauce, salsa or pico de gallo.