Mexican Chicken and Vegetables with Brown Rice

Ingredients

Marinade

¼ C olive oil

S+P TT

2 lb boneless skinless chicken thighs

1 tsp paprika

1 tsp cumin

½ tsp coriander

1 tsp chipotle powder

Rice

1 C brown rice

2.5 C water for rice

Vegetables

1 small white onion

1 T minced garlic

3 zucchini, medium dice

3 carrots, small dice

1 can diced tomatoes

1 can corn kernels

1 can black beans

½ bunch cilantro, minced

1 T lime juice

Procedure

1) Marinate the chicken for 15-30 minutes and preheat the oven to 350F

2) Start cooking the rice as normal

3) In a pot on the stove, saute the onions and garlic together until starting to brown

4) Add in the zucchini and carrots, and cook until al dente

5) Once the chicken has finished marinating, bake in the oven until it reaches and internal temperature of 160F. Remove, let rest 5 minutes and cut into bite-sized pieces

6) Combine all of the ingredients together in a large bowl, portion out and serve