

## Southwest Chicken Skillet - One Pot Meal by Lynn's Recipes

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Lynn demonstrates a great one pot meal – Southwest Chicken Skillet. Add a vegetable or salad and you have a complete meal. Adapted from persnicketyplates.com via Pinterest. Serves 4-6.

### Ingredients:

- 1 pound boneless, skinless chicken breasts (or tenders) cut into small pieces
- Montreal Chicken Seasoning
- Salt
- Pepper
- Red Pepper Flakes
- 1 Tablespoon olive oil (you may need a bit more)
- 1 cup uncooked rice
- 10 ounce can Rotel diced tomatoes and green chilies
- 8 ounce can tomato sauce
- 1 cup water
- ½ cup shredded Mexican Cheese Blend
- Sour Cream, optional for topping.

Cut chicken into small pieces (about 1" pieces)

Season chicken with Montreal Chicken Seasoning, Salt, Pepper, and Red Pepper Flakes to taste.

Heat a large skillet over medium high heat and add olive oil.

Once the oil is hot, add the seasoned chicken and cook until no longer pink.

Stir in the uncooked rice, Rotel, tomato sauce and water. Bring to a boil and cover.

Reduce heat to low and let cook for about 20 minutes or until the rice is tender. Stir halfway

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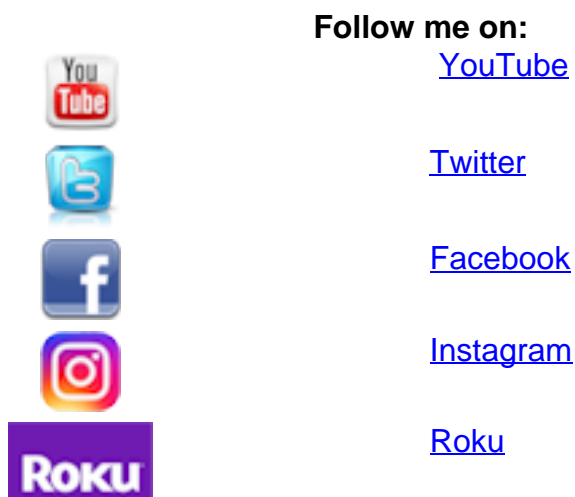
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through to make sure none of the rice is sticking to the bottom of the pan.

Once the rice is done, stir the mixture and top with the shredded cheese. Turn off the heat, cover and let it sit for about 5 minutes, until the cheese has melted.

Serve and top with sour cream, if desired.

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