

CHICKEN WITH BEANS AND RICE



3T Corn oil

1 lb boneless chicken breast, cubed

¼ cup chopped onion

¼ cup water

* ½ tsp garlic powder

* ¾ cup salsa

* 1 15 oz can black beans, drained
rice (see below)

Heat oil in skillet over medium heat. Cook chicken and onion in oil until chicken is lightly browned. Add water, cover skillet and cook over low heat until chicken is no longer pink inside, about 10 minutes. Add salsa and black beans. Simmer over low heat for 10 minutes.