

# Chicken and Black Bean Smoky Rice Skillet

Yield: 8 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-bean-sliced-chicken-recipe>

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 1/2 cups white onion finely chopped
- 2 cups zucchini sliced
- 2 cups yellow squash sliced
- 2 tablespoons minced garlic
- 3 cups chicken cooked shredded
- 15 ounces black beans can, drained
- 6 cups rice prepared, medley
- 2 1/2 tablespoons ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1/2 cup chopped parsley

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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