Chicken Burrito Recipes

Tomato-lime shredded chicken with rice and black beans in flour tortillas

Prep 20 min | Cook 45 min | Additional 5 min | Serves 4



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) neutral oil
- 1 onion (150 g), sliced
- 2 garlic cloves (6 g), minced
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) paprika
- 1/2 tsp (1 g) dried oregano
- 1/2 tsp (3 g) salt
- 1 tbsp (15 ml) lime juice
- 1 cup (240 ml) chicken stock
- 1 cup (240 g) crushed tomatoes
- 4 large flour tortillas (280 g)
- 1 cup (170 g) cooked black beans, drained
- 1 cup (160 g) cooked rice

Method

1. Heat oil in a deep skillet. Sauté onion for 5 minutes and garlic for 30 seconds. Stir in cumin, paprika, oregano and salt.

2. Add chicken, stock and tomatoes. Cover and simmer 25-30 minutes until chicken reaches 165°F (74°C) and shreds readily.

3. Move chicken to a clean board and shred with two forks. Simmer sauce uncovered 5-10 minutes until thick.

4. Return shredded chicken to sauce and add lime juice.

5. Warm tortillas. Divide hot chicken, beans and rice between them, fold in the sides and roll tightly. Toast seam-side down briefly in a dry skillet.

Food safety, storage and serving

Chicken must reach 165°F (74°C) at its thickest point; check with a food thermometer. Refrigerate leftovers in shallow covered containers within 2 hours and use within 3–4 days. Serve with fresh cucumber-tomato salad.