BATCH 24 / RECIPE 15 / R-0259

# Shredded Rotisserie Chicken Recipes

Shredded rotisserie chicken warms with black beans, corn and tomatoes in a quick skillet. A lime finish makes the filling useful for bowls or tacos.



**PREP** 10 min **COOK** 15 min **REST** 0 min **YIELD** 4 servings **LEVEL** Easy

## INGREDIENTS

- 3 cups (420 g) cooked shredded rotisserie chicken, skin and bones removed
- 1 can (15 oz / 425 g) black beans, drained and rinsed
- 1 cup (150 g) frozen corn
- 1 can (14.5 oz / 411 g) diced tomatoes with juice
- 1 small onion (100 g), diced
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) ground cumin
- 1/2 tsp (1 g) paprika
- 1/4 tsp (1.5 g) fine salt
- 1 tbsp (15 ml) lime juice
- 2 tbsp (8 g) chopped cilantro

## METHOD

01 Heat oil in a wide skillet over medium heat. Cook onion 4-5 minutes until softened.

02 Stir in cumin and paprika for 30 seconds. Add beans, corn and tomatoes and simmer 4 minutes.

03 Fold in cooked shredded chicken and salt. Cover and heat gently 5-7 minutes, stirring, until the mixture reaches 165°F (74°C) throughout.

04 Stir in lime juice and cilantro off heat. Add a splash of water if the filling is too dry.

### COOKING NOTE

Start with safely stored cooked chicken. Remove all bones and skin while shredding; this recipe does not cook raw chicken.

### EASY VARIATION

White bean: use canned white beans.

### STORE

Refrigerate in shallow covered containers within 2 hours, or within 1 hour if the temperature is above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3-4 days. If starting with cooked chicken, count its original refrigerated storage time; mixing or reheating does not restart the clock.

### FREEZE & REHEAT

Freeze cooked chicken and its sauce or vegetables in airtight portions for up to 2 months for best quality. Vegetables and pasta may soften. Thaw overnight in the refrigerator. Reheat in a saucepan or skillet over medium-low heat with a small splash of water or broth, stirring sauces, until the center reaches 165°F (74°C). Warm buns or rice separately when applicable.