



Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Mild**



5 MINUTE LUNCHES

## Chicken and Brown Rice Taco Bowl

no cooking required

### In your box

15 ½ oz. Black Beans  
6 oz. Roasted Chicken Breast  
6 oz. Pre-Cooked Brown Rice  
2 Tbsp. Taco Seasoning  
2 oz. Shredded Cheddar-Jack Cheese  
2 oz. Sour Cream

### Make the Bowl

- Drain and rinse **beans**.
- Add beans (feel free to use half if preferred), **chicken**, **rice**, and **taco seasoning** to a bowl and toss. Garnish with **cheese** and **sour cream**. Bon appétit!

NUTRITION per serving Calories: 631, Carbohydrates: 76g,  
Fat: 17g, Protein: 40g, Sodium: 1563mg.  
CONTAINS milk, wheat

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.