# MEXICAN CHICKEN, SWEET POTATO, AND BLACK BEAN SKILLET

This is the perfect one pan recipe for your next Mexican inspired meal! Most of the ingredient list can be found in your pantry already which makes it another quick, hearty and easy recipe.

## Ingredients:



- 2 teaspoons olive oil
- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- ½ cup diced yellow cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt or to taste
- ¼ teaspoon granulated garlic
- ¼ teaspoon fresh ground black pepper
- 1 sweet potato, peeled, par-cooked and diced
- 1 cup cherry tomatoes, halved
- 15 ounce can black beans, rinsed and drained
- 4 ounce can diced green chiles

## Directions:

1. Heat the olive oil in a large (10-12 inch) cast iron or non-stick skillet over medium-high heat
2. In a small bowl combine all of the spices
3. When the skillet is hot add in the chicken and spread into an even layer, then sprinkle with half of the spice blend
4. Sauté the chicken for approximately 3 minutes then add in the onion
5. Continue to cook for several more minutes or until the onion has softened and the chicken is cooked through
6. Lower the heat to medium and add in the remaining spice blend, sweet potato, cherry tomatoes, black beans, green chiles, and salsa or enchilada sauce
7. Stir together and cook until the mixture is heated through, approximately 2-3 minutes
8. Squeeze the lime juice over everything then top with shredded cheese
9. Cover with a lid or lay a piece of foil on top of the skillet until the cheese has melted

### NUTRITION PER SERVING:

Calories 385 | Total Fat 11g | Saturated Fat 4g | Cholesterol 96mg | Sodium 858mg | Fiber 11g | Sugar 7g | Protein 38g

Check out this week's recipe here: https://reciperunner.com/mexican-chicken-sweet-potato-black-bean-skillet/