

Cilantro and chicken rice bowl

What you'll need:

2 chicken breasts (about 3 cups chopped raw chicken)\$2.26
1 cup uncooked brown rice (\$.60) (That's 1/2 cup cooked per person. If you want more rice adjust your total brown rice is only \$.16 a serving.)
3 small sweet red pepper (\$1.50)
1/3 of a large sweet onion (.33)
1 16 ounce can black beans (\$.66)
1/2 cup fresh cilantro divided in half (\$.25)
1/4 cup lemon juice (\$.15)
1/4 soy sauce (\$.10)
2 tbsp. honey (\$.35)
1/4 cup shredded cheese (\$.25)

total: \$6.45 - That's only \$1.62 a person!

Let's get started: Chop everything up. Chop your chicken, cilantro, peppers and onions.

Get your rice started.

In a bowl mix together lemon juice, soy sauce and half your cilantro. Put the chicken in the bowl with your sauce and stir, stir, stir until the chicken is coated. Then add to your skillet and cook over a low heat. (I used an electric skillet. This is a good investment. Believe me.)

Once your chicken has started to brown go ahead and your can of beans (drained and rinsed) and your onion. Cook for another 5-8 minutes and add your peppers. You'll want your peppers warm, not mushy.

Place chicken and veggies over your rice and garnish with cilantro and cheese.