Spicy Southwestern Skillet

You could also add a can of corn to this recipe or melt some cheese on top. And if you don’t eat it all, the leftovers are great for lunch the next day.

SPICY SOUTHWESTERN SKILLET

4 tbsp olive oil
1 large onion, chopped
1 large red or green pepper, diced
2 chicken breasts, cut into 1″ cubes
1 15-oz can black beans, drained
1 can diced tomatoes with jalapeno peppers
1 tbsp garlic powder
1/2 tbsp cumin
1 tsp black pepper
1 cup uncooked macaroni or other small pasta

In a large skillet, heat 2 tbsp olive oil over medium heat. Add the onions and saute for 2-3 minutes. Add the red or green pepper and saute for another 2-3 minutes. Remove vegetables to a medium bowl.

Heat the other 2 tbsp olive oil over medium heat. Add the chicken and saute, stirring constantly, for about 4-5 minutes, or until all traces of pink have left the meat.

Add the vegetables back to the skillet. Add the drained black beans, the tomatoes with their juice, and the spices. Turn the heat up to high and bring mixture to a boil. When boiling, turn the heat to medium-low, cover, and cook for 10-15 minutes.

Meanwhile, cook pasta according to package directions; drain. When skillet cooking is complete, uncover and add pasta and mix to coat pasta with sauce. Remove from heat and serve.