

MEXICAN MEAL PREP

Recipes

By Diana Duangnet, Travel Far Gluten Free

www.travelfarglutenfree.com

CHICKEN AND RICE BOWLS

Prep each component of the bowls using the recipes below, then see assembly for bowl instructions.

Chicken 3-Ways

Ingredients

3 Pounds of Chicken Breast or Thighs

Flavor 1: Half of jalapeno, 1/4 cup of cilantro, 1 lime

Flavor 2: Taco Seasoning

Flavor 3: Mrs. Dash Southwest Chipotle Powder

Method

- 1) Dice all chicken into 1/2" cubes.
- 2) Flavor 1: chop jalapeno and cilantro finely and put in a bowl with the juice of 1 lime. Mix in 1 pound of chicken.
- 3) Flavor 2 & 3: mix 1 pound of chicken in separate bowls with 4-5 tablespoons of seasoning.
- 4) Use three pieces of aluminum foil to create individual "beds"/trays for each chicken flavor on one large sheet pan.
- 5) Put one flavor in each tray and bake at 405°F for 20-25 minutes or until cooked through.
- 6) Chicken is ready to pair with any starch and veggie you like!



Roasted Vegetables

Ingredients

2 Bell Peppers

1 Red Onion

Salt, pepper, and umami powder to taste

Optional: Zucchini, tomatoes

Method

- 1) Slice vegetables up and place on baking sheet and top with olive oil and seasoning. Bake at 405°F and bake for 25-30 minutes.

Rice Cooker Spanish Rice

Ingredients

2 Cups of Uncooked White Rice

1 Can of "Mixed Vegetables" (the ones with corns, peas, corn)

1 Small Can of Tomato Sauce (8 Oz)

1 Cup of Chicken Broth

1/2 teaspoon salt

1/2 teaspoon of unami powder

1/8 teaspoon black pepper

1/8 teaspoon of red pepper flakes

Method

- 1) Measure out 2 cups of rice into a rice pot, rinse the rice, and pour out all excess water.
- 2) Add tomato sauce, chicken broth, mixed vegetables (drain excess water in can beforehand), and seasonings to rice pot. Stir ingredients gently and put into the rice cooker and press cook.
- 3) Once the rice cooker switches to warm it's ready to dish up for your meal prep bowls.

ASSEMBLY OF CHICKEN BOWLS

Make a bed of 3/4 cup of rice at the bottom of your meal prep container. Top with 1/2 cup of chicken and 1/2 cup of roasted vegetables. Optional to add corn or black beans. Use canned corn and black beans and make sure to drain excess water in cans. No need to heat, just add straight from the can as the bowls will be heated up later anyhow. Super lazy, cheater shortcut to get meal prep done faster!

SHORTCUTS

Instead of roasting vegetables, use frozen vegetables and sauté them.

Mexican Salad

Ingredients

1 Head of Broccoli
1 Cucumber
1 Red Onion
2 Bell Pepper
1 Can of Corn
1/2 Head of cilantro (about a 1/4 of a cup)
2 Stalks of Green Onions
Optional: 2 Avocados
Optional: Black Beans

Dressing

1/3 cup of extra virgin olive oil
Juice of 2 small/medium limes
1/2 teaspoon salt
1/2 teaspoon of unami powder
1/8 teaspoon black pepper
1/8 teaspoon of red pepper flakes

Method

- 1) Dice cucumbers, onions, bell peppers, and avocados (if using), and cut broccoli into small florets. Add vegetables to large bowl.
- 2) Chop cilantro and thinly slice green onions and add to bowl.
- 3) Drain corn and add to bowl. Do the same for black beans if using black beans.
- 4) In a separate small bowl, mix dressing ingredients together.
- 5) Pour dressing into vegetable bowl and mix gently to coat all vegetables.
- 6) Enjoy! Pack away for home or travel.

*Optional: Sauté the onions to cut down on the raw onion bite. Can also marinate raw onions in vinegar.



Creamy Cilantro Lime Sauce – The Healthier Version

Ingredients

1 Cup of Plain Nonfat Greek Yogurt
1/4 cup of cilantro
1 tablespoon of minced garlic
1/2 teaspoon of unami powder
1/8 teaspoon black pepper

Method

- 1) Chop cilantro finely.
- 2) Add all ingredients to a bowl and stir gently.
- 3) Ready to serve on the side your chicken and rice bowl meal preps or some tortilla chips.

Pico De Gallo – Super Fresh, Easy, and Delicious!

Ingredients

2 roma tomatoes
1/2 red onion
1/4 cup of cilantro
1 jalapeno
1 lime
Salt, pepper, and umami powder to taste

Method

- 1) Dice tomatoes, onions, and jalapeno and add to medium bowl. Loosely chop cilantro and add to bowl.
- 2) Cut lime in half and squeeze lime juice into bowl. Add seasoning to taste.
- 3) Serve with chips or on top of Mexican bowls.