



Montana Gluten Free Processors

141 Andrea Dr.

Belgrade MT, 59714

(406) -600-7400

[info@montanaglutenvree.com](mailto:info@montanaglutenvree.com)

<http://www.montanaglutenvree.com>

## Chicken Pico Rocky Mountain Rice

### Ingredients:

3lb boneless skinless chicken breast

2 pint jars salsa or Pico De Gallo sauce

2 tsp cumin

1 tsp salt

15oz can of black beans

2 cups Montana Gluten Free Rocky Mountain Rice – 100% Raw Sproutable Oat Groats

Optional:

6-8 Gluten free tortillas

Grated Cheese of your choice – to taste

OR

Corn chips

### Directions:

Place chicken, salsa, cumin and salt in a crockpot and cook on low for 5 hours.

Add black beans to crockpot and continue to cook for one hour. (Chicken will cook 6 hrs total in crockpot)

Remove chicken and one cup of liquid from crockpot – set aside.

Add Rocky Mountain Rice to crockpot and cook on high for one hour.

While oats are cooking, shred chicken using your mixer or simply pull apart by hand.

Return chicken to the mixture after Rocky Mountain Rice has completed cooking – it should be soft.

Can then use as a filling for gluten free tortillas, place in greased baking dish and cover with cheese – bake at 350° until cheese is well melted – about 20 minutes.

Or use as a dip with corn chips.

Or just eat with a fork!

\*\* Recipe thanks to the Dalland family ☺