

BBQ Chicken Ranch Bowl
RECIPE

BBQ Chicken Ranch Bowl



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

10 items

MAKES

4 servings

How about a meal with some serious flavour? Try combining BBQ chicken, grilled vegetables, crumbled bacon and BEN'S ORIGINALTM BISTRO EXPRESSTM Mexican Style rice – then finish with a drizzle of ranch dressing. You're welcome!

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)
- [Email \(opens in new window\)](#)

Use the email icon to send the Grocery list and the Recipe to your email.

<?xml version="1.0"?>

Share your Recipe

Select options

Email a grocery list

Email a grocery list

Email a recipe

Email a recipe

Email address

Email address

CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

INGREDIENTS

- 1 pouch BEN'S ORIGINAL™ BISTRO EXPRESS™ Mexican Style Rice Family Size
- 1 tsp (5 mL) Vegetable oil
- 1 cup (250 mL) Peppers, cut into 1" (2.5 cm) pieces
- 1 cup (250 mL) Onions, cut into 1" (2.5 cm) pieces
- 1 cup (250 mL) Mushrooms, cut into 1" (2.5 cm) pieces
- 1 cup (250 mL) Zucchini, cut into 1" (2.5 cm) pieces
- 4 Chicken breasts, boneless, skinless (about 1 lb/500 g total)
- 1/4 cup (60 mL) Crumbled bacon
- 1/4 cup (60 mL) diced tomato
- 4 tsp (20 mL) Ranch dressing

INSTRUCTION

1.
Preheat BBQ to medium. In a large bowl, add oil and vegetables and toss to coat (season to taste). Transfer to a vegetable grill basket. Place on BBQ and cook for 15 minutes, stirring occasionally until tender crisp.
2.
Place chicken breasts on BBQ (brush with oil and season with salt and pepper if desired). Grill until 165°F internal temperature, about 15 minutes turning halfway.
3.
Place contents of BEN'S ORIGINAL™ BISTRO EXPRESS™ Mexican style rice in foil pie plate or pan and add 1/4 cup/60 mL water. Cover and seal tightly. Place on top rack of BBQ and cook for 15 minutes or until heated through.
4.
To serve: divide BEN'S ORIGINAL™ BISTRO EXPRESS™ Mexican style rice between 4 bowls. Top with grilled vegetables and chicken breast. Add 1 Tbsp./15 mL of crumbled bacon and diced tomato to each bowl. Drizzle each bowl with 1 tsp/5 mL of ranch dressing. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 439
- Carbohydrates (g) 47 g

- Dietary Fiber (g) 5 g
- Protein (g) 34 g
- Total Fat (g) 10 g
- Sodium (mg) 762 mg

CATEGORIES :

[Chicken](#), [less than 20](#), [Ready to Heat Rice](#)

MORE RECIPES LIKE THIS



[One Pan Cajun Chicken](#)

Cooking time

20 min

Ingredients

5 items

[SEE DETAILS](#)



[Smoky Maple Beef Brochette](#)

Cooking time

20 min

Ingredients

11 items

[SEE DETAILS](#)



[Sizzling Tandoori Chicken with Basmati Rice](#)

Cooking time

30 min

Ingredients

9 items

[SEE DETAILS](#)

Source URL: <https://ca.bensoriginal.com/recipes/bbq-chicken-ranch-bowl>