Slow Cooker Chicken Burrito Bowl

2-3 Chicken Breasts
2 Tablespoons Olive Oil
1 Tablespoon of Onion Powder
2 teaspoons of Garlic Powder
2 teaspoons of Chili Powder
2 teaspoons of Cumin
1 teaspoon of salt
pepper to taste
3 cups Chicken Broth
1 15 oz. can of Diced Tomatoes
1 14 oz. can of Black Beans
2 3/4 cups of instant Whole Grain Brown Rice (or white)
1 1/2 cups of Colby Jack Cheese, grated

Instructions:

1. Place Chicken Breasts in Slow Cooker.
2. Pour Chicken Broth and Tomatoes over the Chicken Breasts.
3. Add the Olive Oil, Onion Powder, Garlic Powder, Chili Powder, Cumin, Salt and Pepper.
4. Cook on low for 4 hours, until Chicken is completely cooked through.
5. Remove Chicken Breasts from the Slow Cooker, shred them into small pieces and then set aside in the fridge.
6. Turn the Slow Cooker on high and stir in the instant rice and black beans.
7. Cook for another 30-45 minutes until the rice is soft and tender.
8. Add shredded Chicken back in the slow cooker and mix into the rice and bean mixture so that it can be reheated.
9. Add the cheese and let warm a few minutes before serving.
10. Serve with fresh tomatoes, salsa, sour cream, avocados, or guacamole.