

# CHICKEN ESCONDIDO

[\(BITE OF LIFE BLOG\)](#)

1 lb organic, free-range chicken breasts (boneless & skinless)  
15 oz can organic black beans, drained  
16 Oz jar of salsa (be sure to use a salsa without preservatives!)  
1/3 cup sun-dried tomatoes, chopped  
2 cloves garlic, diced  
2 TBS olive, sesame or coconut oil  
2 TBS balsamic vinegar

Cut chicken into bite-sized pieces. Combine oil & vinegar over med-low heat. Add garlic & tomatoes and saute until tender. Add chicken and cook until done. Add salsa & beans and simmer (covered) for 10 minutes.