

Chicken and Rice

This flavorful and filling dish is sure to have a spot on your dinner table!

Prep/Cook Time: 55 mins

Makes: 6 servings

Source: eatfresh.org

Ingredients

- 1 teaspoon oil
- 2 pounds boneless, skinless chicken breast, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, seeds removed, chopped
- 3 cloves garlic, finely chopped
- 2 cups chicken broth
- 1 can diced tomatoes (29 ounces)
- 1/2 cup mixed frozen veggies
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 3/4 cup brown rice

Directions

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.
4. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

| Serving Size: 1 cup | |
|----------------------|--------|
| Nutrients | Amount |
| Calories: | 300 |
| Total Fat: | 4g |
| Saturated Fat: | 1 g |
| Cholesterol: | 14 mg |
| Sodium: | 252 mg |
| Total Carbohydrates: | 25g |
| Dietary Fiber: | 5 g |
| Total Sugars: | 8 g |
| Added Sugars: | 3 g |
| Protein | 38 g |

Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon
- Cutting board
- Knife
- Stove top or electric skillet

SHOPPING LIST

Average total cost : \$10.25

Average cost per serving: \$1.03

Recipe Makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Boneless, skinless
chicken breast



Add 1 to Cart
Yellow Onion



Add 1 to Cart
Green Pepper



Add 1 to Cart
Garlic, 1 bulb



Add 2 to Cart
Jalepeno pepper



Add 1 to Cart
Mixed vegetables, 15oz



Add 1 to Cart
Brown Rice, 32 oz



Add 1 to Cart
Diced tomato, 15 oz



Add 1 to Cart
Chicken Broth, 32 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- To cut costs, use whatever veggies are in season, on sale, or already in your refrigerator.
- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try using leftover turkey cut in bite sized pieces instead of chicken breast. Saute the vegetables, then add the turkey with the other ingredients.