

Chicken and Rice Skillet

This one skillet meal makes a tasty and healthy dinner.

Makes: 6 servings

Ingredients

- 2 tablespoons oil
- 1 whole chicken cut into pieces, skin removed (about 3 ½ pounds bone-in chicken)
- 1 medium green pepper, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tomatoes, chopped
- 2 ¼ cups low-sodium chicken broth
- 1 bay leaf
- salt and black pepper to taste
- 1 cup rice, uncooked
- 1 cup peas



Directions

1. In a large skillet heat oil over medium-high heat and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomatoes, chicken broth, and bay leaf. Add salt and pepper to taste.
4. Cover and cook for 20 minutes.

5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot. Remove bay leaf before serving.

Recipe from: *Wellness Ways Resource Book: Taste of the World*, University of Illinois Extension Service, adapted by the USDA Food and Nutrition Administration.

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