One Pot Chicken and Rice



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Recipe by: Laura Vitale

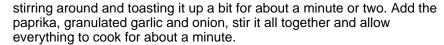
Serves 4 to 6

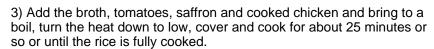
Prep Time: 15 minutes Cook Time: 30 minutes

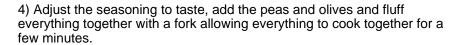
Ingredients

- __1 Yellow Onion, diced
- __1 Red Bell Pepper, diced
- __4 Cloves of Garlic, minced
- __1 Tbsp of Paprika
- __1 tsp of Granulated Onion
- 2 tsp of Granulated Garlic
- A small pinch of Saffron Threads
- __2 lbs of Boneless Skinless Chicken Thighs,
- cut into bite size pieces
- __2 cups of Long Grain White Rice
- __3 cups of Chicken Stock
- __1 14oz Can of Diced Tomatoes or Tomato Sauce
- 1 cup of Frozen Peas, thawed
- __3/4 cup of Small Pimento Stuffed Green Olives
- __3 Tbsp of Vegetable Oil
- __Fresh Chopped Parsley or Cilantro, chopped
- __Salt and Pepper, to taste

- 1) In a large skillet with high sides, preheated over medium high heat, add the oil and let it get nice and hot. In the meantime, toss the chicken with some salt, pepper, add it to the hot pan and cook it until color develops on all sides.
- 2) Add the onion, peppers and garlic, season lightly with a touch of salt and pepper and cook them for about 5 to 7 minutes or until they soften and develop a touch of color, add the rice and cook it







5) Scatter some parsley or cilantro on top and enjoy!

