

Braised Chicken and Peppers over Brown Rice

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | *diced*

2 **carrots** | *peeled and diced*

FROZEN PRODUCE

1 16-ounce bag **frozen bell peppers**

OR 2 fresh peppers, sliced

PANTRY

2 4.5-ounce cans of **chicken** | *drained*

1 14.5-ounce can **diced tomatoes**

SPICES AND OILS

2 tablespoons **olive oil**

½ teaspoon **garlic powder**

½ teaspoon **thyme**

1 teaspoon **oregano**

2 cups **water**

GRAINS

2 cups **cooked brown rice**

See brown
rice recipe
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EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pot




Measuring cups

MIX IT UP AND MAKE IT YOUR OWN


- This recipe would also work very well with the addition of other vegetables such as zucchini and or greens like spinach or kale. If you want to increase your veggie intake, you could also add a side salad or steamed green beans.
- This recipe utilizes canned chicken. It is shelf-stable and affordable. If you prefer, you can use uncooked chicken, just dice it up and throw it in with your onions and carrots to brown slightly before adding the other ingredients OR if you have leftover chicken or turkey from another dish that is already cook, just chop it up and add it to your braise.
- If you prefer to avoid animal protein, you can swap the chicken for canned beans. Cannellini beans, great northern beans, butter beans or chickpeas would go very well in this dish.
- This recipe relies of herb such as thyme and oregano. However, if you would like to take it in an entirely different direction, you can swap in cumin and chili powder, garlic and paprika, or curry and cinnamon. Choose your favorites!

Directions


- 1 Prepare vegetables.
- 2 Heat a large pot over medium-high heat.
- 3 Add **olive oil** to the pan to coat the bottom and then add **onion** and **carrots**.

 Cook for 3–5 minutes, stirring as needed until onion becomes translucent.

- 4 Add **peppers**.

 Cook for another 2–3 minutes.

- 5 Add **chicken, tomatoes, spices** and **water**. Bring to a boil and reduce to a simmer.

 Allow dish to cook for an additional 10–15 minutes, partially covered until the liquid has reduced by half.

- 6 Taste and adjust seasoning with salt and pepper as desired.

- 7 Serve ¼ of the chicken and veggies over ½ cup of cooked brown rice. Enjoy!

- 8 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories **310**
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	12%	Total Carbohydrate 40g	15%
Saturated Fat 1g	6%	Dietary Fiber 4g	13%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 40mg	13%	Includes 0g Added Sugars	0%
Sodium 260mg	11%	Protein 15g	

Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 1.4mg 8% • Potassium 320mg 6%
Phosphorus 170mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, BELL PEPPER, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], CANNED CHICKEN, BROWN RICE, OLIVE OIL, GARLIC POWDER, OREGANO, THYME, CARROT, ONION