

Chicken and Rice

- ❖ 4 to 6 boneless, skinless chicken breasts
- ❖ 2T extra virgin olive oil
- ❖ 2 garlic cloves minced
- ❖ 2 medium onions chopped fine
- ❖ 18oz organic tomato paste
- ❖ 30oz organic tomato sauce
- ❖ 4 C water
- ❖ 2T cinnamon
- ❖ ½ t nutmeg
- ❖ Salt and pepper to taste
- ❖ 2 or 3 C jasmine rice

Brown chicken in olive oil in a deep pot. (I use a 10qt. pot) Remove chicken and set aside. Sauté onion and garlic until translucent. Add tomato paste. Cook for a minute then add tomato sauce. Add water and stir well to combine. Add cinnamon, nutmeg, salt, and pepper to sauce. Cover and bring to a boil. Turn down heat to simmer and cook for 3 hours. Stir frequently. Remove chicken and 2 cups of sauce and set aside. Add 2 to 3 cups of water to remaining sauce, then add rice. Cover and cook at low temperature stirring frequently to prevent rice from sticking. You may need to add more water to rice. Cook rice until tender. You can either add chicken back into rice or serve the chicken with sauce and rice separately. Parmesean cheese is great sprinkled on top for those who are not dairy free