



**CAMP
SOUTHERN
GROUND**

MAUI BOWLS *w/ Brown Rice*

Prep Time: 30 minutes | **Cook Time:** 45 minutes | **Servings:** 8-10

INGREDIENTS

- 4 C brown rice
- 8 C chicken broth *substitute with vegetable broth or seasoned water
- 4 # chicken thighs, seasoned & grilled

For the Pineapple Pico

- 4 corn stalks, kernels removed
- 2 C fresh pineapple, diced
- 6 roma tomatoes, seeds removed and small diced
- 1 red onion, small diced
- 1-2 jalapenos, seeded and cores, small diced
- 2 garlic cloves, minced
- ¼ cup cilantro, chopped
- 2 limes, juiced
- TT salt & pepper

For the Maui Sauce

- 3 C BBQ sauce
- 2 C teriyaki sauce
- 1 C pineapple juice
- ½ C fresh scallions, more for garnish
- ½ C fresh cilantro, more for garnish

INSTRUCTIONS

1. Cook the rice according to the package instructions. Use chicken broth, instead of plain water, for added flavor.
2. For the pico, mix all of the ingredients together in a bowl, and refrigerate for at least an hour before serving.
3. To make the Maui Sauce, put all ingredients in a blender and blend until well incorporated. Set aside.
4. Grill, pan sear, or bake the chicken thighs until they reach an internal temperature of at least 165°. You can substitute with a variety of protein options! Chicken breast, steak, shrimp, tofu, or other vegetables go great with this bowl.
5. Once everything is prepared, build your bowls and enjoy!