

SOUTHWEST CHICK'N RICE

INGREDIENTS NEEDED:

Rice:

- 1/4 cup long grain uncooked rice
- 1 and 1/4 cups water
- 1 teaspoon butter
- 1/4 teaspoon salt

Southwest Chick'n sauce:

- 8 ounce can tomato sauce
- 1 rounded teaspoon pepperoncini peppers, chopped
- 2 teaspoons pepperoncini liquid
- 1 cup Southwestern Seasoned chicken strips (fully cooked)

Sautéed toppings:

- 1 tablespoon butter
- 1/2 cup onion, chopped
- 1/4 cup green bell pepper, chopped
- 1/4 cup red bell pepper, chopped



RICE



WATER



BUTTER, DIVIDED
WHEN PREPARING
RECIPE



SALT



TOMATO SAUCE



PEPPERONCINI &
PEPPERONCINI LIQUID



CHICKEN STRIPS



ONION



GREEN BELL PEPPER



RED BELL PEPPER

EQUIPMENT NEEDED:

- Stove
- Microwave
- Measuring cups (1 cup, 1/2 cup, 1/4 cup)
- Large microwavable bowl
- Sharp knife
- Cutting board
- Can opener
- Sauce pan
- Measuring spoons (1 tablespoon, 1 teaspoon, 1/4 teaspoon)
- Spoon (for stirring)
- Skillet (6 inch size)
- Spatula
- Plates (1 dinner plate size)

COMMENTS:

Not too spicy. Just right for a hungry appetite!

QUICK CLEANUP: measuring cups, bowl, knife, cutting board, can opener, pan, measuring spoons, spoon, skillet, spatula, plate

EQUIPMENT



STOVE



MICROWAVE



MEASURING CUPS, MEASURING SPOONS, BOWL, SPOON, KNIFE,
CAN OPENER, CUTTING BOARD, SPATULA, SKILLET, PAN, PLATE

PREPARING SOUTHWEST CHICK'N RICE

1. Put 1/4 cup rice into large microwavable bowl.
2. Add 1 and 1/4 cups water, 1 teaspoon butter, and 1/4 teaspoon salt.
3. Microwave rice uncovered 16 minutes.
4. Pour one can tomato sauce (8 ounces) into saucepan.
5. Stir in 1 rounded teaspoon chopped pepperoncini peppers and 2 teaspoons pepperoncini liquid.
6. Add 1 cup fully-cooked Southwest Seasoned chicken strips cut in bite-sized pieces.
7. Simmer on low heat while preparing sautéed vegetables.
8. Put 1 tablespoon butter into skillet.
9. Turn heat to medium-low.
10. Put 1/2 cup chopped onion into skillet.
11. Add 1/4 cup chopped green bell pepper to onion.
12. Stir in 1/4 cup chopped red bell pepper.
13. Cook on medium-low heat stirring until crisp-tender (about 5 minutes). Sauté a few more minutes if you prefer vegetables well done.
14. Put rice on serving plate.
15. Add heated chicken sauce.
16. Top with sautéed vegetables.



One Serving

SOUTHWEST CHICK'N RICE



1.
PUT RICE INTO BOWL



2.
ADD WATER, BUTTER, AND SALT



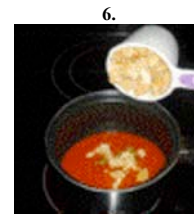
3.
MICROWAVE 16 MINUTES



4.
POUR TOMATO SAUCE INTO SAUCE PAN



5.
STIR IN PEPPERONCINI AND LIQUID



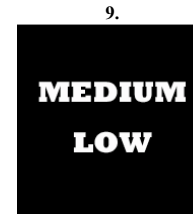
6.
ADD CHICKEN



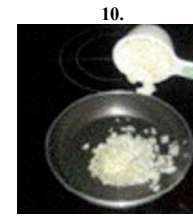
7.
SIMMER ON LOW HEAT



8.
PUT BUTTER INTO SKILLET



9.
TURN HEAT TO MEDIUM-LOW



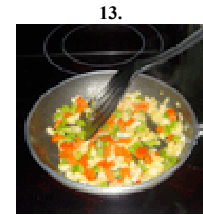
10.
ADD CHOPPED ONION



11.
ADD CHOPPED GREEN BELL PEPPER



12.
STIR IN CHOPPED RED BELL PEPPER



13.
COOK ON MEDIUM-LOW UNTIL CRISP-TENDER



14.
PUT RICE ON SERVING PLATE



15.
ADD HEATED CHICKEN SAUCE



16.
TOP WITH SAUTEED VEGETABLES