

SOUTHWEST CHICK'N RICE

INGREDIENTS NEEDED:

For rice:

- 1/4 cup long grain uncooked rice
- 1 and 1/2 cups water
- 1 teaspoon butter
- 1/4 teaspoon salt

For Southwest Chick'n sauce:

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

For sautéed toppings:

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

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!

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 pepper to onion.
12. Stir in 1/4 cup chopped red 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.

NOTE: See Page 10 for a color picture of
SOUTHWEST CHICK'N RICE