Chicken, Rice and Vegetables

SERVING SIZE: 4

PREP/COOK TIME: 45 MINUTES

INGREDIENTS

- 2 cups chicken (raw)
- 8 oz sausage (cooked)
- 2 1/2 cups chicken stock
- 1 cup vegetables
- 2 teaspoons dried Italian herbs

Chef's Tip:

- A can of dried and rinsed beans can also be added to the pot for extra fiber.

Source: https://eatfresh.org/recipe/main-dish/chicken-rice-and-vegetables/

DIRECTIONS

1. Stove Top Directions: Layer items into a 2-quart pot in the order that they are listed (starting with meat on bottom). Cover and cook on low heat for 30 minutes until broth is absorbed and chicken is cooked through.
2. Rice Cooker Directions: Layer ingredients in rice cooker. Cover and cook for a normal cycle.

Healthy in a SNAP
Delaware SNAP-Ed Program

Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. This material was funded by the USDA Supplemental Nutrition Assistance Program - SNAP. USDA does not endorse any products, services, or organizations.
Provided by Food Bank of Delaware.
This institution is an equal opportunity provider.

Food Bank OF DELAWARE