The Asthma & Allergy Center

3503 Samson Way #108 • Bellevue, NE 68123-4303 PHONE (402) 592-2055 FAX (402) 592-2419 www.asthmaandallergycenter.com

Chicken and Rice

This Recipe Is:

Milk-Free
Egg-Free
Wheat-Free
Peanut-Free
Soy-Free
Nut-Free

Cook and Prep Time:

Prep Time: 30 minutes
Cook Time: 45 minutes
Total Time: 75 minutes

Ingredients:

1 tsp Oregano
2 Small Peppercorns
1 clove Garlic (Peeled)
2 tsp Salt
2 tsp Olive Oil
1 tsp Vinegar
2 1/2 Pounds Chicken (Cut into serving pieces)
1 tbsp Olive Oil
2 ounces Cured Ham (Diced)
1 Medium Green Pepper (Seeded)
1 Stalk Celery
1 Cup Water
6 Ounces Canned Tomato Paste
6 Medium Green Olives
1 tsp Capers
2 tbsp Olive Oil
2 1/4 Cup Rice
1 Can Pinto or Kidney Beans or Green Peas (Drained)
3 Cups Water

Notes:

- 1 Chopped and seeded sweet chili pepper may be added with onion and green pepper.

Steps:

1. In a small bowl, mash oregano, peppercorns, garlic, salt, 2 tsp olive oil and vinegar.
2. Rub chicken with mashed mixture.
3. In a large, deep kettle, brown diced ham and bacon in 1 Tbsp olive oil on high heat.
4. Add chicken and lightly brown.
5. Reduce heat to moderate.
6. In a blender, grind onion, pepper, celery stalk, 1 cup water and tomato paste.
7. Add mixture to kettle.
8. Add olives, capers, and chopped tomato and cook for 10 minutes.
9. Add 2 Tbsp olive oil, rice, and beans; cook an additional 5 minutes.
10. Bring remaining 2 cups water to boil and add to the kettle.
11. Mix well and cook rapidly, uncovered, until food begins to boil.
12. Using a large spoon, turn rice from bottom to top.
13. Cover and cook slowly for 20 minutes.
14. Turn rice once more, cover, and cook an additional 10 minutes or until rice is fully cooked.
15. Serve immediately.

The Food Allergy News Cookbook