

BEAN AND CHICKEN PILAF



Bean and Chicken Pilaf



SERVINGS



PREP TIME



COOK TIME

Ingredients

4 each	Chicken thighs, diced
¼ tsp (1 mL)	Cayenne pepper
¾ tsp (4 mL)	Smoked paprika
2 tsp (10 mL)	Salt
½ tsp (2 mL)	Black pepper
2 tbsp (30 mL)	Vegetable oil
1 each	Onion, chopped
3 cloves	Garlic, minced
1 ½ cup (375 mL)	Diced tomatoes, canned, drained
1 can	Black beans, drained and rinsed
2 each	Bay leaves
1 ½ cup (375 mL)	Rice
2 ½ cups (625 mL)	Chicken broth

Instructions

1. Place chicken in small bowl and season with cayenne pepper, smoked paprika, salt, and black pepper. Set aside.
2. In a large pot, heat oil over medium heat.
3. Add chicken and cook until browned.
4. Add onions and garlic. Cook until onions have softened.
5. Stir in tomatoes and beans along with bay leaves.
6. Stir well to coat and add rice and chicken broth to the pot.
7. Cover with a tight-fitting lid and bring to a simmer. Cook for 20–25 minutes or until rice is tender.



CHEF'S TIPS

- This is a great recipe to clean out the fridge. Add any leftover veggies, meat or beans to the pot.
- Great filling for homemade burritos!