

Chicken

Chicken With Rice

Palm Beach Post

Servings: 4

4 slices bacon
1 1/2 pounds chicken parts
1 small onion, chopped
1 large green bell pepper, chopped
2 cloves garlic
2 cups long-grain white rice
2 1/2 cups thick and chunky salsa
1 3/4 cups (14 1/2 oz can) chicken broth
1 can (8 oz) tomato sauce
1 teaspoon salt
1/2 teaspoon ground cumin

Cook bacon in large saucepan over medium-high heat until crispy; remove from saucepan. Crumble bacon; set aside.

Add chicken to saucepan; cook, turning frequently, for 5 to 7 minutes or until browned on all sides. Remove from saucepan. Discard all but two tablespoons of drippings from saucepan.

Add onion, bell pepper and garlic; cook, stirring occasionally, for 3 to 4 minutes or until crisp-tender. Add rice; cook for 2 to 3 minutes. Stir in salsa, broth, tomato sauce, salt and cumin. Bring to a boil; place chicken over rice mixture. Reduce heat to low. Cook, covered, for 20 to 25 minutes or until most of mixture is absorbed and chicken is no longer pink near bone. Sprinkle with bacon.

Per Serving (excluding unknown items): 431 Calories; 5g Fat (9.7% calories from fat); 12g Protein; 84g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 1345mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.