

Chicken with Rice Espanol

Jackie Krupa - Woodridge, IL

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Yield: 6 to 7 servings

3/4 cup all-purpose flour
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
or salt
1 1/2 teaspoons paprika
1/8 teaspoon poultry
seasoning
2 (2-1/2 pound ea)
broiler/fryers or breasts only
1/4 cup butter, heated
1/4 cup oil, heated
1 cup chopped onion
1 clove garlic, pressed
1 cup fresh green pepper,
cut in one-inch squares
1 pound uncooked rice
1/2 cup pimiento, cut in one-
inch squares
1/4 teaspoon (or more) chili
powder
2 tablespoons (or more)
tomato paste
2 teaspoons salt
1/2 teaspoon pepper
3 cups chicken stock

Preparation Time: 45 minutes

Bake Time: 1 hour 15 minutes

In a plastic bag, combine the flour, one teaspoon of salt, 1/8 teaspoon of pepper, the garlic powder, paprika and poultry seasoning. Shake well to blend thoroughly.

Cut the chicken into serving pieces. Shake the damp chicken in the seasoned flour bag. In a skillet over medium heat, brown it in the hot butter and oil. After the chicken is browned, remove from the skillet.

In the same skillet, saute' the onion, garlic and green pepper for about 5 minutes. Add the rice, pimiento, chili powder, salt, pepper, tomato paste and the three cups of chicken stock. Bring to a boiling point. Pour the mixture into a three-quart casserole dish. Arrange the chicken over the top attractively. Cover the casserole.

Bake in the oven at 350 degrees for 75 minutes. Test at one hour, and if the chicken and rice are tender, do not cook further.

(This recipe may be cut in half and prepared in a two-quart casserole dish. Bake for a little less time.)

Per Serving (excluding unknown items): 1385 Calories; 103g Fat (67.8% calories from fat); 16g Protein; 94g Carbohydrate; 7g Dietary Fiber; 124mg Cholesterol; 13336mg Sodium. Exchanges: 5 Grain(Starch); 0 Lean Meat; 3 Vegetable; 20 Fat.