

Chicken with Saffron Rice and Black Beans

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

CChints:

A bottle of Liquid Smoke can be found on the same isle with BBQ sauce.



14 ounce can black beans, rinsed and drained

5 ounce packages of Saffron Yellow Rice

3 tablespoons olive oil, divided

Dash of salt and pepper

1/2 teaspoon chili powder

1/2 teaspoon cumin

1/4 teaspoon smoked paprika

1 teaspoon dried thyme

1 teaspoon dried oregano

1 cup low-sodium chicken broth

1 tablespoon Liquid Smoke

4 boneless, skinless chicken breasts

1 large yellow onion, chopped

Garnish with 2 diced green onions

Serve with your favorite side vegetable

The rice and black beans will take approximately 25 minutes, depending on the type of rice you purchase. We like Vistro® brand which usually calls for 1 tablespoon of olive oil to be put in the water. Use a medium to large sauce pan to cook the rice and beans. Rinse and drain the black beans while you wait for the water to come to a boil for the rice. Prepare the rice according to package directions. Half way through the cooking time, remove the pan's cover and stir in the bean. Put the cover back on and continue the cooking time. The goal is to have the rice and beans done when the chicken has finished cooking.

Heat a large sauté pan over medium heat and add 1 tablespoon of oil. In a small bowl combine the salt through oregano. Rinse the chicken and pat them dry with a paper towel. Sprinkle one side of the chicken with half of your spice mixture. Lay each piece in the hot pan and sprinkle the other side of the chicken with the remaining spices. Cover and let cook for 5-6 minutes to brown on one side. Turn the chicken over and add half of the chicken broth, scraping the bottom of the pan as you pour to loosen the brown bits. Add the onions and the rest of the broth and liquid smoke to the pan. Stir and reduce the heat slightly for another 5 – 8 minutes until the chicken is done.

During this time wash any area that came in contact with the raw chicken and prepare your side vegetable.

If the rice is done before you are finished, turn off the heat and move the pan off the heat source but leave it covered to stay warm.

Right before serving, stir in the last tablespoon of oil into the rice and beans. To serve, put a serving of rice each plate. Put a serving of chicken and cover both with the sauce. Finish with your side vegetable and enjoy. Garnish with sliced green onions.