

Paprika Chicken & Rice

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 - 32 minutes

Serves: 4

CChints: Paprika comes in 2 flavors, regular paprika used as a garnish for deviled eggs and potato salad.

Smoked paprika has a deep smoky flavor that is excellent on fish, meat and chicken.



4 servings of Saffron Yellow rice, we like Vigo® brand

4 boneless, skinless chicken breasts

1 teaspoon smoked paprika

1/2 teaspoon salt and a dash of pepper

1 tablespoon olive oil

1 cup chopped sweet, yellow onion

Dash of salt

1/4 cup diced green bell pepper

2 gloves minced garlic, fresh or from a jar

8 ounce carton of slice fresh mushrooms

14 ounce can diced tomatoes, undrained

4 servings of McSteamed vegetables of your choice; corn, broccoli, asparagus, or squash using a 1/2 teaspoon Molly McButter® and 1 tablespoon water (recipe on this website)

Start cooking the rice first since it can take 20 minutes. Cook according to package directions.

Rinse the chicken and pat dry with paper towels and discard the paper towels. Cut the chicken breasts in half and cut off any excess fat. Lay out about 18 inches of plastic wrap on the counter. Take one piece of chicken at a time and lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/2 inch thick with a meat mallet or heavy skillet. Lay them on a plate and sprinkle one side with 1/2 teaspoon paprika and half the salt and pepper. Throw away the plastic and wash everything that came in contact with the raw chicken.

Heat a large nonstick skillet to medium and add the oil. When the oil is hot add the chicken, paprika side down. Sprinkle the other side of the chicken with 1/2 teaspoon paprika and the rest of the salt and pepper. Cook for 3 minutes on each side. If all the chicken doesn't fit in the pan, cook in batches and keep the first batch warm while cooking the 2nd batch with an extra oil. Crowding the pan will take longer for your chicken to cook. During this time you can cut the onion and pepper.

Remove the chicken from the pan and transfer it to a container to keep warm for a few minutes. Add the onions and peppers to the pan and reduce the heat slightly. Allow the onions to gather the brown bits off the bottom of the pan and let them cook for 4 minutes. Add the garlic and cook for 1 minute. Stir in the mushrooms and tomatoes and the rest of the paprika. Return the chicken to the pan and reduce the heat to low. Cover and simmer for 5 – 8 minutes until the chicken is done. During this time you can check on the rice and prepare your McSteamed vegetables.

Put sliced vegetables in a microwave safe container and add the water. Sprinkle with McButter and microwave for 2 to 3 covered slightly, until they are cooked to your desired tenderness. Remember that they will continue to cook slightly after being removed from the microwave.

When the rice is done, remove it from the heat but leave it covered until the chicken is done.

To plate, put rice on each plate and top with a piece of chicken. Spoon tomatoes over part of the rice and chicken and serve with your side vegetable. Caroleicious!!