

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Chicken and Rice



Servings: 6

### *Ingredients:*

- 2 tablespoons vegetable oil
- 3 cups skinless, boneless chicken breast (cubed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 2 tomatoes (chopped)
- 2 cups chicken broth (low-sodium)
- 1 cup rice (uncooked)
- 1 cup peas
- salt and pepper, to taste



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, salt and pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot, about 5 minutes.

**Nutrition Facts:** Each one cup serving provides 200 Calories, 4g Total Fat, 1g Saturated Fat, 70mg Sodium, 31g Total Carbohydrate, 3g Dietary Fiber, 11g Protein

**K-STATE**  
Research and Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

