

Recipe: Chicken & Rice

From the kitchen of: Coming Youth Center

Ingredients:

4-6 Chicken thighs

1/2-1 bag of rice

BBQ sauce

1 cup veg. broth

5 cups water

---

---

---

---

---

---

---

---

---

---

Directions:

Pre-heat oven 375.

Rinse chicken and place in a 13x9 casserole dish

Season chicken with BBQ sauce and bake for 40-50 minutes or until temperature reads 180 basting BBQ a few times throughout cooking.

Cook rice in 5 cups water 1 cup veg broth for 18-20 minutes or until done.

Serve rice on the side of chicken.

Add vegetables to meal if desired.

---

---

---

---

---

---

---

---

---

---