

Family-Style Paella

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 50 minutes

Start to Finish Time: 50 minutes

1 tablespoon olive oil

1 large (1 cup) onion, coarsely chopped

1 medium (1 cup) green bell pepper, coarsely chopped

1 pound boneless/ skinless chicken breasts, cut into 1-inch pieces

1/2 pound smoked chorizo sausage, cut into 1/2-inch slices

1 cup regular long-grain white rice, uncooked

1/2 teaspoon salt

1/2 teaspoon ground turmeric

2 cups chicken broth

1/2 pound medium shrimp, uncooked, peeled, deveined with tail shells removed

1 cup frozen sweet peas

1 can (14.5 oz) Italian-style stewed tomatoes, undrained

In a 12-inch nonstick skillet or Dutch oven, heat the oil over medium-high heat.

Add the onion and bell pepper. Cook and stir for 2 minutes.

Add the chicken and sausage. Cook for 8 to 10 minutes, stirring frequently, until the chicken and sausage are no longer pink and tender.

Add the rice, salt, turmeric and broth. Mix well.

Heat to boiling. Reduce the heat to medium-low.

Cover and cook for 20 minutes, stirring occasionally.

Add the shrimp, peas and tomatoes. Stir gently to mix.

Cover and cook for 8 to 12 minutes longer, stirring occasionally, until the shrimp are pink and the liquid is absorbed.

Per Serving (excluding unknown items): 86 Calories; 3g Fat (36.7% calories from fat); 10g Protein; 4g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 489mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.