

Chicken

Pepper Chicken and Rice

Taste of Home One -Dish Meals

Servings: 6

1 1/2 pounds boneless/skinless chicken breast, thinly sliced
1 cup onion, chopped
1/4 cup canola oil
1 cup long grain white rice, uncooked
1 can (28 oz) stewed tomatoes
1/2 cup soy sauce
1 tablespoon chicken bouillon granules
3/4 teaspoon salt-free herb and spice seasoning
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
2 medium green peppers, cut into 1-inch pieces
1 can (8 oz) mushroom stems and pieces, drained
1 can (8 oz) water chestnuts, drained
2 tablespoons cornstarch
2 tablespoons water

In a large Dutch oven, saute' the chicken and onion in oil until chicken is no longer pink. Add the rice; cook and stir for 1 minute.

Drain tomatoes, reserving the liquid. Add enough water to the tomato juices to measure 2 1/4 cups. Add tomato juice mixture to pan along with the soy sauce, bouillon and seasonings. Bring to a boil and simmer for 15 minutes. Stir in the green peppers and tomatoes.

Cover and simmer for 5 minutes. Add the mushrooms and water chestnuts; heat through.

Combine cornstarch and water until smooth. Gradually add to the pan. Bring to a boil; cook and stir for 1 to 2 minutes or until thickened and bubbly.

Per Serving (excluding unknown items): 142 Calories; 9g Fat (57.3% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 1749mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 2 Fat.