

# Two-Bean Chicken and Rice



PREPARATION TIME  
10 minutes



COOKING TIME  
35 minutes



PERFECT PARTNER  
corn muffins



Bay leaves are an inexpensive way to add pungent, woody flavor to simmered dishes. The short, oval Turkish bay leaves have a less biting flavor than the long, narrow California variety.

## SHOPPING LIST

- chicken • chick-peas
- stewed tomatoes
- green beans

## ON HAND

- oil • onions • garlic • basil
- allspice • bay leaves • rice

## INGREDIENTS

- 1 (2½- to 3-pound) chicken, cut up
- 2 tablespoons olive oil
- 2 medium onions, sliced
- 1 clove garlic, minced
- 2 (16-ounce) cans stewed tomatoes
- 1 teaspoon dried basil
- ½ teaspoon ground allspice
- 2 bay leaves
- 1 (10-ounce) package frozen green beans
- 2 (16-ounce) cans chick-peas, drained
- ½ cups hot cooked white rice

SERVES **4**

## COOKIN' *Express*

- The chicken skin will be easier to remove if the chicken is slightly frozen.
- Use tongs to remove the bay leaves from the skillet quickly.

## Make Ahead

Company coming on Sunday? Prepare this recipe on Saturday, then refrigerate. Reheating means less time in the kitchen and more time to enjoy your guests!

## ♦ VARIATION

*Red kidney beans may be used instead of the chick-peas to add color to this high-protein dish.*

**1** Remove skin from chicken pieces. Heat oil in a large skillet over medium-high heat; add chicken and brown on all sides. Add onions and garlic. Sauté for 5 minutes or until onions are brown.



**2** Add undrained tomatoes, basil, allspice and bay leaves to skillet. Bring to a simmer; reduce heat.



**3** Cook, covered, for 20 minutes. Remove and discard bay leaves.



**4** Add green beans and chick-peas to skillet. Simmer, covered, for 10 minutes or until beans and chicken are tender. Spoon rice onto a serving platter. Arrange chicken and vegetables over rice.