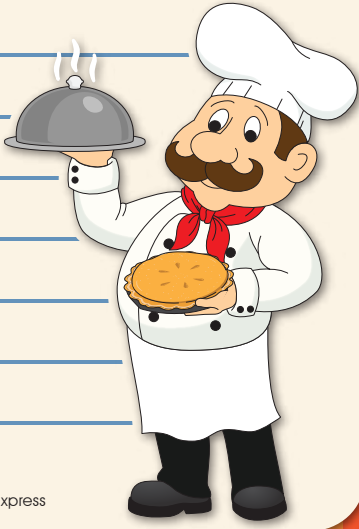


Grocery List

- canola oil
- green peppers
- onions
- garlic cloves
- turmeric
- chicken breast (can or cubed)
- chicken bouillon
- dry white rice
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Easy Caribbean Chicken and Rice (arroz con pollo)

- Ingredients:**
- 1 T. canola oil
 - 1/4 cup green peppers (diced)
 - 1/4 cup onions (diced)
 - 2 garlic cloves (crushed)
 - 1 T. turmeric
 - 1 (12.5 oz) can chicken breast OR 1 1/2 cups cooked, cubed chicken breast
 - 1 cup water
 - 1 T. powdered chicken bouillon (OR 1 cube)
 - pinch of salt
 - pinch of pepper
 - 1 cup dry white rice (medium grain)

Heat oil in a large pot on medium heat. When hot, add green peppers, onions, and garlic. Mix well and cook until softened. Add turmeric. Drain chicken (if necessary) and add it to the pot. Stir well.

Mix the chicken bouillon and water in a separate bowl and pour into the pot. Add a pinch of salt and pepper to taste. Cover the pot and let cook until boiling. Add rice and stir. Leave on medium heat until almost all the water/broth has evaporated.

When most of the liquid has evaporated, switch to low heat, stir again, and cover the pot with lid. Let cook on low heat for 20 minutes, or until the rice is soft and fluffy. Let cool and serve. Enjoy!

