



Recipes

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Chicken with Red Beans and Rice

Serves 1

Ingredients:

24 oz. (3 cups) Water
12 oz. (1¾ cups) White Rice
8 oz. (1 cup) Bacon , chopped
10 oz. (2 cups) White Onions , diced
4 tsp. Minced Garlic
2 (15 oz.) cans Red Kidney Beans
8 oz. (1 cup) Dark Beer
7 oz. (2 cups) Shredded Chicken (see Related Recipe)
2 tsp. Salt
1 tsp. Black Pepper
1 1/5 oz. (3 Tbs.) Cayenne Pepper Sauce Pepper
Sauce (e.g. Frank's)
.5 tsp. Cumin

Directions:

1. Bring the water to a boil in a small saucepan. Add the rice, cover, reduce heat and simmer for 20 minutes until rice is done. Set aside.
2. In a large skillet over medium heat, cook the bacon until crisp. Add the onion and garlic and sauté until soft, about three minutes. Add the beans and cook for another three minutes.
3. Add the beer. Scrape the skillet to help deglaze the pan. Add the cooked rice, shredded chicken, salt, pepper, cayenne sauce and cumin. Mix well.