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Herbed Chicken and Rice

INGREDIENTS

1 pound raw chicken breast
1 sweet onion-chopped
1/2 bag baby carrots and/or 2 chopped yellow or orange peppers
10 stalks of celery-chopped
olive oil
poultry seasoning
garlic powder
brown rice (or wild or basmati)

PREPARATION

- 1 Prepare rice as per package directions. Set aside
- 2 Add 1 Tbsp olive oil to deep cooking/fry pan.
- 3 Add onion and cook on medium heat, stirring often until onions brown.
- 4 Add celery and continue to stir until celery begins to look a bit clear.
- 5 Add carrots.
- 6 Cut chicken into small chunks. Add to bowl with 2 Tbsp olive oil, 1 tsp poultry seasoning, 1/2 tsp garlic, 1 tsp dill. Mix so chicken is thoroughly coated with spices. Add more or less spices to your taste.
- 7 If time permits, place the chicken-herb mixture in a plastic Ziploc or bowl and refrigerate from an hour to overnight. This marinating enhances flavor!
- 8 Add chicken to pan with 1 cup of water.
- 9 Simmer mixture for an hour or more adding water if needed as it boils off.

- 10** The longer the chicken cooks, the more tender it becomes. It can be easily broken into pieces which is great for the young ones.
- 11** Add portion to blender or food processor to puree. The rice can be added or served separate.
- 12** Use the puree for babies or serve like a chicken salad or pate on bread or crackers.
- 13** Serve cooked chicken with or over rice for a hearty meal.

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