

Chicken with Red Beans and Rice



Ingredients

6 chicken breasts	1 tsp Worcestershire sauce
1 Tbsp olive oil	2 tsp chili powder
1 medium onion, diced	1 tsp paprika
1-3 cloves garlic, minced	1 tsp salt
1 green pepper, diced	1/2 tsp cumin
1 can diced tomatoes (28 oz)	1/4 tsp black pepper
1 can tomato paste (6oz)	1 can red beans (15 oz)
1 can chopped chilies (4oz)	Franks red hot to taste

Instructions

Cut up chicken and saute in olive oil. Add onion, green pepper and garlic. Cook for 5 min. Add remaining ingredients except beans and let simmer for at least 30 minutes. Add beans and simmer another 30 minutes. Serve over brown rice.

Nutrition Information Per Serving

Serves 6

Calories: 293

Fat: 1 gm

Sodium: 500 mg

Fiber: 7 gm

Carbohydrates: 30 gm

Cholesterol: 75 mg