

Okra Corn Tomato Chicken Stew over Rice

This is excellent meal prep. This a great quick option to fill your protein, vegetable and flavor needs. Portion it into glass containers or mason jars to enjoy a quick lunch the next day.

Enjoy this super nutritious and delicious stew with your family and friends. 😊



Yields: 6 servings (1 1/2 cups stew + 1/2 cup rice)

Ingredients

- 1 Tbsp Olive Oil
 - 1 Medium Onion, chopped
 - 2-3 Garlic cloves, finely chopped or 2 tsp Garlic Powder
 - 1 Okra, 15 oz can with liquid
 - 1 Diced Tomatoes, 15 oz can with liquid
 - 1 Corn kernels, 15 oz can with liquid
 - 1 Diced Chicken, 24 oz can with liquid
 - 2 tsp Dried Oregano
 - 2 tsp Dried Basil
 - Salt to taste (The canned ingredients have salt in them, so taste before you add more.)
 - Black pepper to taste
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- 1 cup Rice
 - 2 cups Water

Stew Preparation

- Place large stock pot over a med-high heat.
- Add oil to pot & let it warm for 2 mins.
- Cook Onions & Garlic in oil for about 5 mins, until translucent
- Add Okra, Tomatoes, Corn, Chicken with liquid & Spices
- Mix all ingredients and allow to heat to boiling
- Turn down heat to low and allow to simmer for about 20 mins. Stir every 3-5 mins.

Rice Preparation

- Add rice and water to a medium pot with a tight-fitting lid over med-high heat & give it a stir.

- Allow mixture to come to a boil.
- Turn down the heat to low and cover with a lid.
- Cook covered for 20 mins on low. Don't uncover it until the 20 mins is done.

Makes 3 cups = 6 servings

Serve 1 & 1/2 cups of stew over a 1/2 cup of rice.