



# HOPE30 KITCHEN

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## *Hope30 Chicken and "Rice" Bake*

### **Ingredients**

- 8 Chicken Thighs, baked
- 3 cups of Chicken Broth
- 2 12 oz bags of frozen Cauliflower Rice
- 1 Tbsp of minced Garlic
- 1 medium Yellow Onion, diced
- 3 stalks of Celery, diced
- 2 tsp of McCormick Perfect Pinch Rotisserie Seasoning
- 1 tsp of Pink Salt
- 1 Tbsp of Hope30 Kitchen Smoky Pit BBQ Sauce

### **Cooking Directions:**

- Preheat oven to 350 degrees.
- Add Cauliflower Rice, Broth, Garlic, Onion, Celery, Salt and half the Rotisserie Seasoning to a 9 x 13 baking dish, and stir to combine.
- Place the baked Chicken Thighs into the dish.
- Sprinkle Chicken with the remaining Seasoning, and brush each thigh with a bit of the BBQ sauce.
- Bake for 1 hour, stirring occasionally. Continue this until your "rice" reaches your preferred tenderness and the onions and celery are soft. The longer you bake this, the softer the cauliflower rice becomes.

## **NOTES:**

