

Jenn's BBQ Chicken

1-pound skinless chicken breast

1 large red bell pepper

1 small onion

2-4 garlic cloves

1 can of pineapple chunks

1 – 2 cups of MoJo's MaJik 'Blaze-N'

1 tbs of Olive oil

Prep: Cut chicken into 1-inch cubes, bell pepper into strips, dice onion, and cut the garlic into small pieces. Strain the pineapple chunks but keep the juice.

In a skillet over medium heat, simmer the olive oil, onion, garlic, and chicken for approximately 5 minutes, stirring occasionally. Add the red pepper strips, keep stirring and simmer for another 5 minutes. Add the pineapple chunks (add 1/2 cup of juice or to taste) and the MoJo's BBQ. Simmer for 10 – 12 minutes, stir occasionally.

Serve with rice, pasta, or your favorite vegetable medley!!