

Chicken & Yellow Rice

Prep Cook Time: 6 hours (CROCK POT MEAL)

SERVES 4

Ingredients 4 Ibs of skin-on, bone-in chicken 3 ½ cups water 1 bay leaf ¾ cup onion ¾ cup bell pepper Cooking spray 1 teaspoon garlic salt 10 0z package saffron yellow rice 14 oz can diced tomatoes

Steps

1. Cook chicken 6 hours on low with water & bay leaf added. Remove skin, debone & shred.

2. Chop onion & bell pepper and sauté in a large pot with cooking spray. Sprinkle garlic salt as it is cooking.

3. Add 3 ½ cups from cooked chicken. Add rice to broth & follow directions on package, omitting margarine. Don't overcook rice or let it dry out!

4. Discard bay leaf. Fold in chicken & tomatoes. Mix well & serve hot.