

## Meals in Bags: Cranberry Almond Rice with Chicken

Place each of the following ingredients in separate snack baggies:

- ½ cup dried onions
- ¼ cup sliced almonds
- 2 tsp dried parsley

To a medium size vacuum bag add:

- 1 ¼ cup rice
- ½ cup raisins
- 2 chicken bouillon cubes

Tuck the 3 snack baggies into the vacuum bag and vacuum seal.

Place vacuum bag into a brown paper bag along with a pint of chicken chunks and staple shut.

Prepare for serving (you will also need some salt and some ghee):

- Heat a 4-quart pot until hot; add almonds and stir until roasted. Pour into a bowl and set aside.
- Melt 2 tbsp ghee or butter in the pan and add the onions. Sauté until golden brown.
- Add the rice and cranberries to the pot and slightly brown.
- Add bouillon cubes, ½ tsp salt, and 2 cups water plus drain the pint of chicken liquid into the pot. Cover and cook on low until rice is done.
- While rice cooks, chop chicken into bite size pieces. Add to the mix when the rice is nearly done.
- Fluff the rice and add the almonds and parsley.
- Serve