

CAJUN GRAVY CHICKEN + RICE

SEASONINGS:

- CAJUN SEASONING
- ITALIAN HERBS
- SALT
- PEPPER
- PAPRIKA
- ONION POWDER
- 1 PACK OF CHICKEN LEGS
- 1 CAN CHICKEN STOCK
- 1/2 ONION DICED
- 1 RED PEPPER SLICED
- 1 CUP RICE
- ADD YOUR CHICKEN LEGS TO A BOWL AND ADD SEASONINGS- MAKE SURE FULLY COATED
- TO A HOT IRON PAN, ADD SOME OLIVE OIL AND SEAR CHICKEN ON ALL SIDES
- REMOVE YOUR CHICKEN, AND ADD ABOUT 2 TBSP FLOUR AND CHICKEN STOCK TO MAKE A GRAVY
- ONCE YOUR GRAVY HAS THICKENED, ADD IN YOUR CHOPPED PEPPER AND ONION
- ONCE THE VEGGIES HAVE SOFTENED IN THE GRAVY ADD IN YOUR CHICKEN
- BASTE FACH LEG IN THE GRAVY AND FULLY SUBMERGE INTO THE PAN
- ADD THE IRON PAN TO YOUR OVEN SET AT 360 DEGREES COOK FOR ABOUT 45
 MINUTES, OR UNTIL THE CHICKEN IS FULLY COOKED THROUGH
- SERVE THE CHICKEN AND GRAVY OVER RICE

ENJOY!