

South Carolina Chicken Bog

Yield: 9 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-dust-recipe-south-africa>

Ingredients:

- 1 whole chicken
- 8 cups water
- 2 cups long-grain white rice
- 2 yellow onions 1 chopped, the other cut in half
- 1 tomato finely chopped
- 1 medium carrot finely chopped
- 1 clove garlic minced
- 2 tablespoons olive oil
- 2 tablespoons fresh parsley, chopped
- salt
- freshly ground pepper

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 110 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 2 grams

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