

One Pot Chicken and Rice

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-chicken-and-rice-recipe>

Ingredients:

- 3 tablespoons oil
- 1/4 cup onion Finely chopped
- 1 pound boneless chicken Cut into strips or cubes
- 1 teaspoon ginger Finely minced
- 1 teaspoon garlic Finely minced
- 2 1/4 cups chicken broth low sodium
- 4 teaspoons Cajun seasoning
- salt To taste
- pepper To taste
- 1 cup rice Uncooked
- 1/3 cup green pepper Cut into small strips
- 1/3 cup red pepper Cut into small strips
- 1/3 cup corn Frozen
- 2 tablespoons cilantro Roughly chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 310 milligrams
9. Sugar: 2 grams

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