

Mardi Gras Chicken

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-jambalaya-newspaper-recipe>

Ingredients:

- 2 pounds diced chicken
- 1/2 cup diced onion
- 1 tablespoon oil Veggie
- 1/2 cup red pepper Diced
- 1 tablespoon minced garlic
- 1 teaspoon thyme
- 1 teaspoon paprika
- 1 cup brown rice
- 1 bay leaf
- 1 cup diced tomato
- 2 cups stock Veggie

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Mardi Gras Chicken above. You can see more 18+ mardi gras jambalaya newspaper recipe Cook up something special! to get more great cooking ideas.