

CHICKEN AND RICE CASSEROLE

Owsley County High School

Chicken

6-8 chicken thighs, boneless *2 tsp salt*
2 Tbsp vegetable oil *1 tsp pepper*

Rice

2 cups raw converted *4 cups chicken stock*
long grain rice *1 Tbsp vegetable oil*

Vegetables

4 cups chopped fresh tomatoes *1 cup chopped zucchini 1/2 cup*
1 cup chopped yellow onion *chopped eggplant*
1/2 cup chopped celery *1/2 tsp minced garlic*
1/2 cup chopped fresh carrots *2 Tbsp vegetable oil*
1/2 cup chopped green pepper

Fresh herbs

2 sprigs thyme *1 sprig rosemary leaves*
6 sage leaves

Seasoning

2 small bay leaves *2 tsp hot sauce*

Garnish

4 Tbsp minced fresh parsley

Season the chicken with salt and pepper. Sauté chicken with a tablespoon of oil until nicely browned on both sides, and reserve. Add onions, carrots, zucchini, garlic, green peppers, eggplant, and celery until browned. Brown the rice in sauté pan as well. In a large pan place sautéed vegetables, browned rice, chopped tomatoes, fresh thyme, bay leaves, hot sauce, and chicken stock. Add 2 tsp salt and 1 tsp black pepper, cover tightly with foil, and bake in a 350° oven for 35-40 minutes. Remove foil and bake 10 minutes to brown casserole. Check liquid in the pan; rice should absorb most of liquid and chicken should be fully cooked. Garnish with fresh chopped parsley. Makes 6 servings.