



Recipe Submitted by: SV Sunnyside

Mom's Chicken & Rice, Caribbean Style

The Dutch oven is an amazing galley tool. You can throw almost anything in a Dutch Oven, cook it for awhile with great food results. And only one pot to clean!

One dish my wife makes that is great is

Chicken & Rice

One cut up chicken

3 diced onions

4 stalks celery sliced

3 tomatoes diced

2 Jalapeños peppers sliced

2 cups long grain brown rice

4 cups water

Add salt, pepper, garlic, cayenne pepper

Chop vegetables, put into the Dutch oven, add rice and chicken.

Bake in oven at 350 degrees for 60 minutes or until rice is cooked