

## Chicken (Curry) and Rice

- 1 ready to cook fryer chicken (2.5-3 lbs), disjointed
- 1/4 cup olive oil
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 cup uncooked rice
- 1 8oz can tomato sauce
- 1 cup water
- 1/2 tsp cut-up ~~saffron~~ (optional) curry powder!
- 2 tsp salt
- 1/4 tsp pepper
- 1 8.5oz can peas, drained, saving liquid

1. Coat the chicken with oil to keep it moist.
2. Brown in heavy skillet over medium heat.
3. Remove chicken and add green pepper, onion, garlic, and rice.
4. Stir occasionally to distribute the heat evenly while rice browns.
5. Blend in tomato sauce, water, ~~saffron~~ curry, salt, pepper, and liquid from peas.
6. Add the browned chicken and cover and cook over low heat 30 minutes.
7. Add peas and cook over low heat about 5 minutes longer.

4-6 meal size servings.