



## One-Pot Chicken & Rice

### Ingredients:

- 4-6 bone-in chicken thighs (Drumsticks or boneless thighs or breast are fine also.)
- Chorizo or another type of sausage, sliced - *optional*
- 1-2 Tbsp of olive oil
- Chicken seasoning (feel free to adjust spice to taste)
  - 1 tsp salt
  - ½ tsp pepper
  - 1 tsp garlic powder
  - 1 ½ tsp paprika
  - ½ tsp cayenne pepper
  - ¼ tsp red pepper flakes
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 jalapeño pepper seeded and diced - *optional*
- 1 red or green pepper, diced - *optional*
- 2 celery stalks, diced
- salt and pepper to taste
- 1 cup DRY long-grain white rice, rinsed
- 2 ¼ cups chicken broth (or vegetable broth)
- Scallions, parsley, cilantro - for garnish
- For a Spanish style rice - add 1 small can of crushed tomatoes or a cup of tomato sauce and a few threads of saffron. Reduce the broth to 1.5 cups if you do this.
- Vegetarian options
  - Marinated tempeh, or tofu, beyond meat, assorted mushrooms, chickpeas. Use the same seasoning on any of these. You can combine more than one of these options as well.

### Instructions:

1. Preheat oven to 350

2. Mix chicken seasoning with olive oil and create a paste. Rub paste all over chicken. Set aside. You can do this ahead of time and put it back into the fridge until ready to cook.
3. Heat a large dutch oven on high heat. Add olive oil. Once very hot, sear the chicken on each side. For bone-in, about 4-5 minutes per side until skin is nice and brown. For boneless, about 2-3 min per side. Set chicken aside on a separate plate.
4. Lower heat to medium and add onion, celery, garlic, jalapeño and pepper, if using. Sauté 5-7 minutes until vegetables are softened
5. Add dry rice and stir continuously for 1-2 minutes, until slightly toasted.
6. Add broth
7. If using, add tomatoes and saffron
8. Add chicken back into pot, placing gently on top of mixture
9. Cover and place in oven. Cook covered for 30 minutes.
10. Remove cover and cook an additional 10-15 minutes or until liquid is absorbed by the rice. (brown rice may take a little longer)
11. Garnish with cilantro or parsley or scallions