

Jollof Rice

Ingredients

- 2 Tb. oil
- 1 Tb. dried onion
- 1 16-oz. can diced tomatoes
- 1 1/4 cup chicken broth
- 1 bay leaf
- 1/2 teas. each of ginger, cinnamon and thyme
- 1/2 teas. salt
- 1/4 teas. red pepper
- 1 cup long grain rice
- 3 frozen skinless chicken breasts

Directions

Put oil into large flat pan. Add all ingredients except chicken. Heat until rice is slightly browned. Place frozen chicken breasts on rice and cover pan. After 15 minutes, turn chicken over and stir rice. Cook another 15 minutes and check rice and chicken for doneness. If necessary, add more liquid and cook another 10 minutes. Remove bay leaf and serve. Makes 3-4 servings.