



One Pot Chicken and Rice

Serves 4

Nothing could be simpler, or tastier. a one pot wonder.

- 1 (3- to 3-1/2-pound) chicken, cut into 8 pieces
- 6 cups water
- 2 (15-ounce) cans tomato sauce
- 1 large onion, finely chopped
- 1 teaspoon dried thyme
- 1 tablespoon salt
- 1 teaspoon black pepper
- 2 cups long- or whole-grain rice, rinsed

PREPARATION

In a large pot, bring all ingredients except rice to a boil over medium-high heat. Cover and allow to boil 35 minutes (10 mins in a pressure cooker). Add rice and cook 25 to 30 minutes (10 mins in a pressure cooker), or until rice is tender, no pink remains in chicken, and chicken juices run clear. It really is that simple