



Spicy Stewed Chicken and Brown Rice

This chicken dish is a perfect substitute for a takeout meal when you are looking for something easy and healthy. Prepare the chicken ahead of time and store in the freezer until you are ready to eat it!

Prep: 20 minutes • Total: 8 hours (in slowcooker)

Ingredients:

Chicken, boneless, skinless	4 each	16 oz
Sausage links, sliced	2 each	2 each
Onion, medium, diced	1 each	1 each
Red pepper, chopped	2 each	2 each
Broccoli, roughly chopped	3 cups	750 mL
Diced tomatoes, canned	2 cups	500 mL
Diced green chilies, canned	½ cup	125 mL
Hot sauce	2 Tbsp	30 mL
Chili powder	1 Tbsp	15 mL
Paprika	1 tsp	5 mL
Thyme, dried	2 tsp	10 mL
Cayenne pepper	½ tsp	2.5 mL
Salt	1 tsp	5 mL
Pepper, black	1 tsp	5 mL
Chicken or vegetable broth, low sodium	1.5 cups	375 mL
Water	½ cup	125 mL
Cornstarch	¼ cup	60 mL
Brown rice, cooked	4 cups	1 L

Directions:

1. Label a gallon-size freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Prepare all ingredients except for broth, water and cornstarch and put into Ziploc bag.
3. Remove as much air as possible, seal, and freeze up to 3 months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. To prepare: Add freezer bag contents and broth to slow cooker and cook on low for 7-8 hours or on high for 4 hours.
6. 30 minutes before serving, combine cornstarch and water and then add to the slow cooker. Cook on high with the lid off for remainder of cooking time. If sauce gets too thick, thin with water or more broth.
7. Serve on a bed of brown rice. Enjoy!

Nutrition Facts

Serving Size (511g)

Servings Per Container

Amount Per Serving

Calories 430 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 1130mg **47%**

Total Carbohydrate 50g **17%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 35g

Vitamin A 10% • Vitamin C 230%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 6 servings (511 g / serving) • 1 serving = ~2 cups

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