

Chicken and Beans

Serves 6

Ingredientes:

- 1 can kidney beans (15 ounce)
- 1 clove garlic
- 1 onion (medium)
- 5 chicken thighs (5-6 medium thighs)
- 1 can tomato sauce (8 ounces)
- ¼ cup vinegar
- 1 teaspoon sugar
- salt and pepper (to taste, optional)



Preparación

1. Drain and rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. In large, pot, cook chicken until half done.
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper.
7. Simmer for about 30-40 minutes or until chicken is tender.
8. Add kidney beans and simmer for 5-10 more minutes.

Note

Cider, white, and Japanese wine vinegars differ in flavor. Try other vegetables. Dry beans may be used. See package for cooking directions.

Nutrition Information	
Serving Size: 1/6 of recipe	
Nutrients	Amount
Total Calories	166
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	57 mg
Sodium	368 mg
Carbohydrates	56 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars Included	1 g
Protein	15 g
Vitamin D	0 mcg
Calcium	33 mg
Iron	2 mg
Potassium	458 mg

Source:

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education, Food Skills Cookbook Food Stamps Nutrition Education Program



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