



RECIPES

CHEFWILLCOLEMAN.COM

Chicken & Tomato One Pot Dinner

As seen on FOX 2 Detroit "The Nine"

Serves 4 People | 10 minutes- prep time | 50 minutes- cooking time | 1 hour - total time

2 tablespoons olive oil
4 chicken thighs, skin removed
Salt
1 medium onion, diced
1 green bell pepper, diced
1 tablespoon garlic, minced
1 tablespoon BOLD and FRESH SPICE
1 14.5 ounces can crushed tomatoes
1 cup white rice, uncooked
2 cups chicken broth

Heat a large pan over medium heat and add the olive oil.

Once the pan has come up to temperature, place the chicken skin side down and season with salt. After 3-5 minutes, flip the chicken to the other side and cook for another two minutes.

Once the chicken is finished searing, remove from the pan and place onto a separate plate. Into the same pot add the onions and green bell peppers. Saute together for three minutes or until the onions begin to become translucent, and season with Will Coleman's Bold Spice. Then add in the minced garlic and cook for another minute.

Now, add in the crushed tomatoes, rice, and chicken broth into the pot. Once it begins to simmer, cover the pan with a lid. Reduce the heat to low and simmer for 40 minutes.

Enjoy!

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
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