



Red Spiced Chicken

INGREDIENTS

- 6, 4 oz chicken breasts
- 1/3 cup Texas Pete hot sauce
- 1/4 tsp chopped parsley
- 3/4 tsp butter
- 2/3 cup all-purpose flour

DIRECTIONS

1. Dredge the chicken breast in flour.
2. Sear & brown on frying pan.
3. Heat hot sauce, melt butter and incorporate into the hot sauce with a whisk.
4. Cover with hot sauce mixture and finish in oven to an internal temperature of 165°F.
5. Garnish with chopped parsley & serve.

Rice & Vegetables

INGREDIENTS

- 1 cup rice (Uncle Ben's)
- 1/2 cup onion small, diced
- 1/2 cup peas
- 1/2 cup carrot small, diced
- 1/2 cup corn
- 3 cups chicken stock
- 1/2 stick of butter
- 1 tbsp vegetable oil
- 1 bay leaf
- 2 tsp chopped parsley
- Salt & pepper to taste

DIRECTIONS

1. Melt butter in a medium saucepan, and oil.
2. Add rice and cook in medium heat for 2 minutes stirring so rice is fully coated.
3. Add vegetables.
4. Add stock & bay leaf.
5. Bring to a boil and then reduce to a low simmer.
6. Cover pan and cook for 20 minutes.
7. Remove from heat remove lid and let rest for 10 minutes.
8. Fluff with a fork add parsley and salt & pepper to taste.