

Chili Chicken and Rice

2 Cups chopped left over chicken or turkey
1 onion diced
1 teaspoon minced garlic
1 can kidney beans, drained
1 8oz can tomato sauce
½ cup GFCF hot sauce
1 teaspoon dried oregano
¼ teaspoon salt
2 cups GFCF chicken broth
1 ½ cups rice



Put all the ingredients in a large pan. Bring to a boil, cover, reduce heat to simmer for 25 minutes.

Early Prep

Cook chicken or use cooked chicken. Add ingredients down to Chicken broth and freeze.

Day of

Thaw Put in a large pan. Add chicken broth and rice. Bring to a boil, cover, reduce heat to simmer for 25 minutes.

<http://www.lincolntent.com/GFCF-Poultry.html>