Brazilian Chicken and Rice

Ingredients

2 lb boneless-skinless chicken breasts

¼ C lime juice

1 tsp cumin

S+P TT

3 T olive oil

1 T tomato paste

1 tsp paprika

1 bay leaf

1 yellow onion, small dice

1 green bell pepper, small dice

3 minced garlic cloves

1 qt chicken stock

½ bunch minced parsley

1 can peas

1 can corn

1 C brown rice

2.5 C water for rice

S+P TT

Procedure

1) Marinate the chicken in a pan with the olive oil, cumin, paprika, bay leaf, salt and pepper mix well, marinate for 2 hours in the fridge

2) Start cooking the rice as normal, and preheat the oven to 350F

3) After the chicken is done marinating, add the rest of the ingredients minus the parsley, peas and corn to the pan with the chicken and bake until chicken reaches an internal temperature of 160F

4) Let rest for 5 minutes, then cut into bite-sized pieces and remove the bay leaf

5) Toss the chicken with the vegetables, minced parsley, canned peas and corn with salt and pepper. Combine with the rice when done, check seasoning portion out and serve