Caribbean Chicken and Vegetables

Ingredients

2 lb boneless-skinless chicken thighs

1 red onion, medium dice

1 lb red potatoes, quartered

4 carrots, small dice

3 celery stalks, chopped

1 C chicken stock

1 tsp dried thyme

S+P TT

Marinade

1 envelope Italian salad dressing mix

2 T brown sugar

2 T peanut oil

2 T soy sauce

1 tsp cinnamon

1 tsp dried thyme

1 tsp chipotle powder

Procedure

1) Combine ingredients for marinade in small bowl and marinate chicken for at least an hour

2) Preheat oven to 400F

3) Prep vegetables and spread evenly in the bottom of a 9x13 pan. Pour the cup of chicken stock over the vegetables then sprinkle with dried thyme

4) Put marinated chicken with all of the marinade into the pan on top of the vegetables, and roast until the internal temperature of the chicken reaches 160F

5) Remove from oven, let rest 5 minutes, the cut chicken into bite-sized pieces

6) Combine the chicken with the vegetables and the sauce from the pan, add S+P TT, portion out and serve