

BRUNSWICK STEW ON RICE

10 chicken thighs
(or 5 thighs and 5 legs)
1/2 tsp paprika
2 Tbsp parsley
1 tsp salt
2 cups uncooked rice
3/4 cup corn niblets
3/4 cup baby lima beans

1/2 tsp Tabasco sauce
1 Tbsp Worcestershire sauce
2 Tbsp vegetable oil
2 medium onions thinly sliced
1 large green pepper thinly sliced
1 1/2 cups water
3 cups canned crushed tomatoes

Label foil pan.

Cook rice using directions on package (omit salt). It should yield 4 cups cooked rice.

Sprinkle chicken well with paprika. Brown chicken in 4 quart pot with vegetable oil. Add onion and pepper to the pot, stirring while adding water, tomatoes, Tabasco sauce, Worcestershire sauce, parsley and salt. Bring mixture to a boil, cover and reduce heat, simmering 20 minutes. Stir corn and lima beans into the stew. Bring to a boil, reduce heat and simmer for 10 more minutes. Spread rice on bottom of casserole pan, arrange chicken legs on top of rice. Spoon stew over chicken. Cool, cover and freeze.