simmered chicken with sausage and sweet bean salsa arepas

45 minutes



APRON'S ADVICE

Complete your meal with rice, Cuban bread, and Key lime pie for dessert. Chicken legs, or leg quarters, make an excellent choice in this recipe. The darker, richer meat of these bone-in cuts provides a moister, more finished dish.



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SHOPPING LIST

Dry Grocery

1 can black beans (15-16 oz) 2 (14.5-oz) cans diced tomatoes with jalapeño 1/4 cup mango (or pineapple) jam 1 (14.5-oz) can reduced-sodium chicken broth 1 (5.75-oz) jar sliced green olives (optional)

Frozen

2 (11.2-oz) packages arepas (corn and cheese

1 (10-oz) bag seasoning blend (diced onions, celery, bell peppers)

Meat

3 links mild Italian sausage (12 oz) 2 lb skinless chicken thighs

Produce

1 large avocado 1 tsp chopped garlic 1/2 bunch fresh cilantro 1 lime

1 sweet onion

From Your Pantry

nonstick aluminum foil

COOKING SEQUENCE

- Preheat oven; prepare chicken recipe through step 2 10 minutes

simmered chicken with sausage

INGREDIENTS

2 lb skinless chicken thighs

3 links mild Italian sausage (12 oz)

1 (10-oz) bag frozen seasoning blend (diced onions, celery, bell peppers)

1 teaspoon chopped garlic

2 (14.5-oz) cans diced tomatoes with jalapeño (undrained)

1 (14.5-oz) can reduced-sodium chicken broth

1/4 teaspoon pepper

1 (5.75-oz) jar sliced green olives, drained

(optional)

STEPS

- 1. Preheat large saucepan on medium-high 2-3 minutes. Place chicken in pan (wash hands); cook 3-5 minutes, turning to brown on both sides. Meanwhile, cut sausage into 1-inch-long pieces (wash hands).
- 2. Add sausage to chicken; cook 3-5 more minutes, turning to evenly brown on all sides.
- 3. Add seasoning blend and garlic to meat; cook 1-2 minutes. Add tomatoes, broth, and pepper. Reduce heat to simmer; cover and cook 15-20 minutes or until chicken is tender and thoroughly cooked. Stir in olives and serve over rice. (Makes 8 servings.)

CALORIES (per 1/8 recipe) 250kcal; FAT 13g; CHOL 100mg; SODIUM 1210mg; CARB 9g; FIBER 1g; PROTEIN 22g; VIT A 15%; VIT C 15%; CALC 4%; IRON 10%

sweet bean salsa arepas

INGREDIENTS

Nonstick aluminum foil 2 (11.2-oz) packages frozen arepas (corn and cheese patties) Juice of 1 lime

1/4 cup mango (or pineapple jam)

1 can black beans (15-16 oz), drained/rinsed 1/2 sweet onion, coarsely chopped 1/2 large avocado, coarsely chopped<
br/> 1/2 bunch fresh cilantro, finely chopped

- 1. Preheat oven to 425°F. Line baking sheet with foil. Arrange arepas in single layer on baking sheet; bake 18-20 minutes or until cheese melts.
- 2. Squeeze juice of lime (1 tablespoon) into medium bowl; whisk in mango jam until smooth, then add beans. Chop onion, avocado, and cilantro; stir into beans.
- 3. Arrange arepas on serving platter; top with the bean salsa and serve.

CALORIES (per 1/4 recipe) 520kcal; FAT 11g; CHOL 20mg; SODIUM 990mg; CARB 83g; FIBER 11g; PROTEIN 24g; VIT A 25%; VIT C 20%; CALC 40%; IRON 20%