

Jerk-Spiced Chicken

with Rice & Beans

The term “jerk” can either refer to the technique of cooking meat by smoking it in a barrel with charcoal, or the spices used on the meat itself. In this recipe, the jerk spice blend flavors chicken, and is made with a unique combination of herbs and spices, including allspice, dried chilis, cloves, cinnamon, nutmeg, thyme, and garlic.



Ingredients

- ¾ Cup White Rice
- 15½ Ounce Can Pinto Beans
- 2 Scallions
- 2 Cloves Garlic
- 1 Bunch Cilantro
- 1 Carrot
- 1 Green Bell Pepper
- 1 Red Onion
- 2 Boneless, Skinless Chicken Breasts
- 1 Tablespoon Jerk Seasoning
- 2 Tablespoons Tomato Paste
- 3 Tablespoons Roasted Chicken Demi-Glace
- 1 Lime

Makes 2 Servings
About 710 Calories Per Serving



Instructions



Cook the rice:

In a small pot, combine the **rice**, **1½ cups of water**, and a **pinch of salt**. Heat to boiling on high. Cover, reduce the heat to low, and simmer 11 to 13 minutes, or until all the water is absorbed.



Prepare your ingredients:

While the rice cooks, wash and dry the fresh produce. Drain and rinse the pinto beans. Slice the scallions on an angle. Peel and roughly chop the garlic. Roughly chop the cilantro leaves. Peel and slice the carrot into rounds. Small dice the green bell pepper. Peel and small dice the red onion. Pat the chicken dry with paper towels. Season the chicken all over with salt and pepper, then sprinkle it with all the **jerk seasoning**.



Cook the chicken:

In a large pan, heat some olive oil on medium until hot. Add the **chicken** and cook 2 to 3 minutes, then flip it over.



Add the vegetables:

Add the **red onion**, **garlic**, **green pepper**, and **carrot** to the pan with the chicken. Season the vegetables with salt and pepper. Cook 5 to 6 minutes, or until the vegetables are softened, stirring occasionally.



Cook the beans:

Add the **tomato paste**, **roasted chicken demi-glace**, **1 cup of water**, and the **pinto beans**. Stir to combine, scraping up any bits at the bottom of the pan. Reduce the heat to low. Cover with a lid or foil and cook 6 to 7 minutes. Uncover and cook 1 to 2 minutes longer, or until the bean mixture is slightly thickened.



Plate your dish:

Divide the rice between 2 plates or bowls. Top the rice with a piece of chicken and half the bean mixture. Garnish with the **cilantro** and **scallions**. Serve with **lime wedges**. Enjoy!