

Chicken and Beans

Makes: 6 servings

This simple one-pot dinner mixes kidney beans and chicken in a savory tomato sauce.

Ingredients

- 1 **can** kidney beans (15 ounce)
- 1 garlic clove
- 1 onion (medium)
- 5 chicken thighs (5-6 medium thighs)
- 8 **ounces** tomato sauce
- 1/4 **cup** vinegar
- 1 **teaspoon** sugar
- salt and pepper (to taste, optional)

Directions

1. Drain and rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. In large, pot, cook chicken until half done.
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper.
7. Simmer for about 30-40 minutes or until chicken is tender.
8. Add kidney beans and simmer for 5-10 more minutes.

Nutrition Information

Nutrients	Amount
Calories	267
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	110 mg
Sodium	253 mg
Total Carbohydrate	22 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	3 g
Protein	27 g
Vitamin D	N/A

Notes

Cider, white, and Japanese wine vinegars differ in flavor.
Try other vegetables. Dry beans may be used. See
package for cooking directions.

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education, Food Skills Cookbook
Food Stamps Nutrition Education Program