Title: Fajita Chicken w/ Green Rice and Beans

Prep Time: 20 minutes  Cook Time: 90 min  Yield: 3

Ingredients:

CHICKEN
- 3 pieces of chicken breast or deboned Chicken thigh w/ leg
- 2 Tbsp of dry Fajita seasoning
- 1/2 bell pepper, sliced
- 1/2 onion, sliced
- Oil

BEANS
- 1/2 cup of dry beans
- ½ tsp of salt
- Water

RICE
- 1/2 cup Long grain Rice
- Cilantro, to taste, chopped
- ½ tsp of garlic powder
- 1 tsp Fajita seasoning
- 1 pinch salt
- 2 1/4 cups Vegetable stock

Instructions:

CHICKEN
1. Debone the chicken, trim off skin and excess fat. Use a small paring knife.
   a. Find the length of the bone, from the bottom side of the thigh.
   b. Cut along both sides of the bone, scraping along the lengths little by little.
   c. Make an incision under the bone; gently work your way up one side with a sawing motion.
   d. Lift the detached bone end up to work the blade downwards until the bone is completely detached.
2. Sprinkle with the Fajita seasoning.
3. Slice the bell peppers and onions.

BEANS
4. Bring to a boil: beans in a pot with 2 inches of water above the bean line. Stir once, turn off the heat, and rest for 1 hour.
5. Add a pinch of salt, bring back up to a boil and cook without the lid for 30-40 more minutes. Stir occasionally. Add more water as needed to keep the beans submerged.

RICE
6. Add enough oil to cover the bottom of a pan. Sear the chicken on both sides at medium high heat. Lower the heat as needed. Takes 5 min. Put aside on a separate plate.
7. Add the sliced bell pepper and onion and sauté. Remove to the side.
8. Sauté the long grain rice in the oil until slightly browned.
9. Add the garlic powder, fajita seasoning, salt, chopped cilantro, and vegetable stock. Bring to a boil and lower to the heat to simmer (low heat). Add the seared chicken on top. Cook for 15 minutes, or until the chicken is cooked through.
10. Add peppers and onions on top of the rice for a few minutes to heat through before serving.