

CHICKEN IN PEANUT SAUCE

Prep Time: 5 minutes

Cook Time: 25 minutes

Included in Box:

- 1 c. brown rice, cooked
- 1 (5 oz) can chicken, drained
- ½ c. low sodium diced tomatoes
- ½ c. canned no salt green beans, rinsed and drained
- 3 T peanut butter

Additional Ingredients Needed:

- 1 small onion (~¼ c.), diced
- 2 tsp garlic powder
- 2 tsp ground ginger
- ½ tsp chili powder

Directions:

1. Add tomatoes, peanut butter, onion, seasonings, and 1 c. water to pan and simmer for 15 mins; stirring to combine and smooth.
2. Add chicken and green beans; cook for an additional 10 minutes on low heat.
3. Serve over warm brown rice.



Nutrition Facts*

Total Servings: 2
Serving Size: 1 c.
Calories: 377
Fat: 14 g
Sodium: 470 mg
Carbohydrates: 40 g
Fiber: 6 g
Protein: 25.5 g
Carbohydrate Servings: 2 ½

**Nutrient facts include canned premium chicken breast in water (drained), canned no salt added diced tomatoes, Jif creamy peanut butter, cooked brown rice, canned no salt added cut green beans, small white onion, and spices.*