

TROOP 29 RECIPE

Red Beans and Rice

Ingredients:

1 package of Pre-cooked Chunk Chicken (canned works best)

1 package Red Beans and Rice (Mahatma works well)

Water

Tortillas (optional)

Cheese (optional)

Approximate Prep Time of Food: 5 minutes Approximate
Cooking Time: 30 minutes

Cook the Red Beans and Rice per the instructions then add the chicken. Serve as soon as chicken is heated.

Expert Tip: Use the tortillas as your "plate" if you want as little cleanup as possible. Cheese makes a nice addition if the tortillas are used. If you buy canned chicken, which works best for this meal, remove it from the can and store it in a zip-lock BEFORE you leave home. This zip-lock can then be placed in the water and boiled with the rice for easier warming.

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