

Dinner #5 - Joe's One Pot Chicken Meal

DATE: 2/01/96

MENU: Joe's Chicken

SHOPPING LIST:

ITEM	PER PERSON	TOTAL	ITEM	PER PERSON	TOTAL
chicken breast, boneless, skinless	1/4 lbs		green pepper	1/8 pepper	
teaspoon black pepper	1/8 tsp		garlic	1/2 clove	
hot Italian sausage	1/8 lbs		Long grain white rice	1/4 cups	
medium yellow onions	1/4 onion		chicken bouillon	1/2 cube	
red pepper	1/8 pepper		water	1/2 cup	
tomato, large	1/4 tomato		dried thyme	1/4 tsp	
ground cumin	1/4 tsp		peas	1/4 cup	
green or black olives	8		vegetable oil		
aluminum foil			bread		
Juice mix					

Plan:

Preparation at Home:

- 1) cut chicken into strips and sprinkle with black pepper
- 2) heat 2 of the 3 tablespoons of oil in a twelve inch skillet
- 3) cook chicken in the skillet for five minutes stirring frequently, don't over cook, just get rid of the pink (when handling raw chicken - anything that touches the raw chicken must be washed prior to touching any other food)
- 4) transfer chicken from pan to a plate to cool, once cool, package in a Ziploc bag - refrigerate
- 5) in same skillet cook sausage, once cooked through, remove from pan and place on cutting board and slice into 1/4 inch slices, let cool, and package in Ziploc bag - refrigerate
- 6) place remaining tablespoon of oil into a clean film container.
- 7) dice onions and package in Ziploc bag - refrigerate
- 8) slice both green and red peppers into strips and place in a Ziploc bag - refrigerate
- 9) place garlic in a clean film container - refrigerate
- 10) measure and repackage uncooked rice into Ziploc bag
- 11) place bouillon packets or cubes into Ziploc bag or film container
- 12) fill one quart Nalgene water bottle with water
- 13) dice tomatoes and place in Ziploc bag - refrigerate
- 14) measure and place cumin & thyme in a film container
- 15) repackage peas in a Ziploc bag
- 16) chop olives and place in a Ziploc bag

At Camp (60 minutes prior to meal)

- 1) soap large pot (out side of the pot)
- 2) heat water (need not boil), return to 1 quart container and dissolve bouillon
- 3) return pot to fire, place oil in bottom of pot, let oil heat for few seconds
- 4) add onions, peppers, and garlic - stirring frequently until onions are golden
- 5) add rice and tomatoes stirring for one minute
- 6) add chicken stock, cumin, thyme, and peas - cover with foil, simmer for 20 minutes stirring occasionally - don't forget to start clean up water
- 7) add chicken, sausage and olives - continue to simmer for 20 more minutes stirring
- 8) serve with bread

