

All-in-One-Paella

Raceland-Worthington High School (Greenup County)

Ingredients:

1 tablespoon extra-virgin olive oil

1 pound boneless skinless chicken thighs, cut into 1-inch chunks

½ pound kielbasa cut into ¼-inch slices

1 cup low-sodium chicken broth

1 red bell pepper, cut into ½-inch chunks

1 green bell pepper, cut into ½-inch chunks

½ cup chopped sweet yellow onion

2 cups frozen peas

1 pound frozen shrimp, peeled and deveined, thawed

1 teaspoon paprika

1 teaspoon low-sodium sea salt

1 (10-ounce) package whole grain rice, cooked according to package directions (about 5 cups cooked)

2 cloves garlic

1 teaspoon turmeric

1 carrot, julliend

Directions:

1. In a large skillet over medium-high heat. Heat oil. Add chicken and sausage; cook 5 to 7 minutes, or until browned. Transfer to a plate.
2. In the same skillet, add broth; bring to a simmer. Add bell peppers, onions, and peas. Cook 4 to 6 minutes, or until heated through, stirring occasionally. Add shrimp; cook 2 to 4 minutes, or until pink. Stir in paprika, salt, and cooked rice. Return chicken and sausage to the skillet; reduce heat to medium and cook until heated through. Serve immediately.