

African Chicken and Rice Casserole

Ingredients:

3 Boneless Chicken Breasts
1 Can (14.5 oz.) Stewed Tomatoes
1 Cup Water
1 Teaspoons Salt
Dash of Black Pepper
½ Cup Uncooked Rice
½ Cup Smoked Ham -- cubed
Dash of Cinnamon
¼ Teaspoon Red Pepper
½ (10 oz.) package Frozen Green Beans
1/2 Onion -- chopped



Directions:

On high heat bring chicken, tomatoes, water, salt & pepper, to boiling.

Reduce heat, cover and simmer for 15 minutes in Dutch oven.

Add other ingredients, return to boil, reduce heat, cover and simmer 30 more minutes.