

# Jollof Rice (An African Dish)

## Ingredients

- 2 1/2–3 lb. fryer chicken (I use boneless, skinless equivalent - much easier!)
- 2 T cooking oil
- 1 medium onion, chopped
- 1 16 oz. can stewed tomatoes, chopped
- 1 1/4 cups chicken broth
- 1 cup long grain rice
- 1 bay leaf
- 1/2 t. ginger, thyme and cinnamon
- 1/2 t. salt
- 1/4 t. ground red pepper (can substitute chile powder)
- 1 T parsley

## Directions

1. In a large skillet, brown chicken pieces on both sides in hot oil ~ 15'; remove. (Skip this if using skinless chicken.) Set chicken aside & reserve drippings.