



Chicken with Bean Sauce

Ingredients:

Chicken ~ lots

Cooked Beans ~ depending on your food counts 1-2 cups. I found that Black Beans and Black Eyed Peas worked best for this recipe

Directions:

- Cook chicken in a fry pan, and then shred it. I find that using two forks makes this a very quick job.
- Mix Beans with a Blender or hand mixer with hot water until they break down into smaller pieces. Keep a few bigger chunks for fun,
- Add more hot water depending on how much sauce you want to create
- Add spices to taste
- Pour Bean Sauce over the chicken and simmer for 10 mins to allow the flavors to blend.

This tastes great with all kinds of rice, pasta, and potatoes or just by itself. Turkey also works great with this mix. Shrimp was ok. Try your own variations and enjoy
~Nadine