

Tedd Webb's Jamaican Red Beans and Rice and Chicken Recipe

Ingredients:

1 can of small red beans
1 Spanish onion (yellow)
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1 orange yellow bell pepper
8 garlic gloves peeled
3 cans of chicken stock
2 cups of rice
1 Vigo food coloring pack
1 cherry pepper
1 can of sweat green peas
Fresh Basil leaves
Vigo Extra Virgin Olive oil
Dark meat chicken parts (skinless)



Instructions:

Pour 1/2 cup of extra virgin olive oil (Vigo) into a sauce pan, bring to medium heat
Grind up garlic, onions, Basil leaves and 1/2 of the 3 different peppers in a food processor
Pour content into the sauce pan, let simmer for a few minutes to get the flavors to come fourth.
Add can of small red beans and stir gently. Let simmer.

In a roasting pan, add 1/2 cup of extra virgin olive oil (Vigo)
Place dark meat chicken part (skinless) into the pan and bath in the olive oil
Sprinkle your favorite seasoning (Emeril's Essence or Montreal steak seasoning) on the chicken parts. Put in oven at 375 degrees for 45 minutes

Add 3 cups of chicken stock to the red beans simmering, and 1 packet of Vigo food coloring. Bring to a boil. Add 2 cups of rice and stir. Cover sauce pan and bring heat down to low. Cook for 20 minutes. Add 1/2 can of sweat peas on the top, and crown with cherry pepper.

At the 45 minute mark, open the oven and bathe the chicken with Honey Marinade, your choice of brand. Put back in the oven for 15 minutes.

Add salt and pepper to taste.

Make a salad of fresh green, tomatoes, avocado and cucumber chunks, add Gorgonzola cheese chunks, and top it off with Vigo extra virgin olive oil and salad vinegar. Add salt and pepper to taste.

Chow down. It is a very tasty and colorful dish.

God bless

Teddy

