



DUTCH OVEN HAWAIIAN CHICKEN BAKE

Makes 10 servings | Serving size: 1 cup + toppings

PREP TIME

15 min

COOK TIME

2 hr

TOTAL TIME

2 hr 15 min

This is a camping remake on classic, Hawaiian haystacks. The base of chicken, rice, and beans is cooked in mild curry and coconut milk for a sweet-'n-savory dish.

Ingredients

- 1 pound chicken breasts
- 2 cups brown rice, uncooked
- 2 tablespoon curry powder
- 1 (15-ounce) can lite coconut milk
- 2 cups chicken broth
- 1 cup peas
- 1 cup bell peppers, chopped
- 1 cup celery, chopped
- Salt and pepper, to taste

Optional toppings

- $\frac{3}{4}$ cup green onions, chopped
- $2\frac{1}{2}$ cups pineapple, chopped
- $\frac{3}{4}$ cup unsweetened shredded coconut
- $\frac{3}{4}$ cup cashews
- $2\frac{1}{2}$ cups mandarin oranges

Directions

1. Heat charcoals until they're hot and start to turn white.
2. In a large (12-inch) dutch oven, mix chicken, rice, curry, coconut milk, chicken broth, peas, bell peppers, and celery. Cover.
3. Place dutch oven over 7 hot charcoals and place 14 hot charcoals on top of the lid.
4. Bake for about 2 hours (check after 1 hour) until rice is fully cooked and chicken is shreddable.
5. Shred chicken, then stir thoroughly.
6. Serve with desired toppings.

*Nutrition analysis done with suggested toppings.

