



"Easy Black Beans & Rice" (Feeds about 6 people or Jack)

1 stewing chicken
1 package VIGO yellow rice dinner
1 can black beans

1. ***Make a pink dog.****
2. Stew a chicken (reserve 3 cups of broth).
3. Take the chicken off the stove and put meat back into broth and add 1 pkg. VIGO yellow rice dinner. (A&P carries VIGO and use only this brand).
4. Open a can of black beans and pour over the cooked chicken and rice. (or serve it on the side with chopped onions, tomatoes and salsa).
5. ***Make several more pink dogs.****

** See drink recipes or Sandra Allen*

Jane Burdette
"Panacea"