

## INGREDIENTS:

- 1.5 cups cooked chicken, cubed
- 1-medium onion, chopped
- 4-tbsp avocado oil , divided
- 1-cup dry parboiled rice,
- 2-garlic cloves, minced
- 3-tsp ground tumeric
- 1.5 tsp curry powder
- 2.5 cups chicken broth
- 2-cups mixed frozen vegetables

## INSTRUCTIONS:

In a large saucepan saute the chicken and onions in 2-tbsp of oil for 5-minutes or until onion is tender.

Remove chicken & onion from pan and keep warm.

In the same skillet, saute the rice in the remaining 2-tbsp of oil for 2-3 minutes or until lightly browned. Stir in the garlic, tumeric & curry.


Add the chicken & onions back into the pan; toss lightly.


Add the chicken broth & frozen mixed vegetables. Bring to a boil. Reduce heat & simmer the mixture for 25-30 minutes, covered.

Add S & P to taste. Tip: serve with a few dollops of hummus.



## Tumeric Chicken & Rice Bowl

 4-5 servings

 35-minutes

### NOTES:

This dish is delicious & anti-inflammatory.

The specific ingredients that provide these anti-inflammatory properties are tumeric & avocado oil.

Black pepper enhances the absorption of tumeric, so make sure to season this dish well!

Yours truly,  
Jessica Pfile, RD