



Chef Spike's POW Peanut Chicken

Brown Rice

1 cup Brown Rice
2 cup Water

Put into pot bring to boil. Reduce to simmer. Cover let cook on low 20 min. Remove from heat let stand 10 min.
Set aside.

Peanut Sauce

3/4 cup creamy peanut butter
2 Tablespoon white vinegar
1 ½ teaspoons salt
1 1/2 Tablespoon sugar
1 teaspoon chili powder
1 cup water
Water reserved from corn water (about 2/3 cup)



Put all ingredients into a pot, bring to boil. let simmer for 2 minutes and remove from heat. Allow to cool, sauce will thicken.

Veggies and Chicken

1 can diced tomato
1 can corn, strained, reserve the liquid
1 can chicken
Salt to taste
Pepper to taste

Use Versatile Staples



In a sauté pan on medium high heat, add one Tablespoon of Canola oil. Add can of tomatoes with the liquid and cook 7-10 minutes until most of the liquid is gone. Add chicken and cook for 2 minutes, then add corn and cook 1 minute until hot. Season with salt and pepper to taste. Remove from heat. Add peanut sauce. Enjoy over brown rice.