CHICKEN AND BEANS

Number of servings: 6

Ingredients:
- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 medium round onion
- 2 ½ pounds boneless skinless chicken thighs
- 1 (8-ounce) can tomato sauce
- ¼ cup vinegar
- 1 teaspoon sugar
- salt and pepper to taste

Directions:
1. DRAIN and RINSE beans. SET aside.
2. CRUSH garlic. SET aside.
3. DICE onion. SET aside.
4. DICE chicken thighs.
5. In a large pot, COOK chicken until half done.
6. ADD garlic, onion, tomato sauce, vinegar, sugar, salt, and pepper.
7. SIMMER for about 30-45 minutes or until chicken is tender.
8. ADD kidney beans and SIMMER for 5-10 more minutes.

Variations:
Cider, white, and Japanese wine vinegar differs in flavor.
Other vegetables may be used.
Dry beans may be used. Cook according to package directions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.