

South Carolina Chicken Bog

INGREDIENTS

1 whole chicken
8 cups water
2 cups long-grain white rice
2 yellow onions, 1 chopped, the other cut in half
1 tomato, finely chopped
1 medium carrot, finely chopped
1 clove garlic, minced
2 tablespoons olive oil
2 tablespoons fresh parsley, chopped
Salt and freshly ground pepper, to taste

PREPARATION

Add water, chicken, and halved onion to a large pot and bring to a boil.

Reduce heat to medium-low and simmer until chicken is cooked through, about 30 minutes. Remove chicken from pot and set aside to cool. Reserve 4 cups of cooking liquid (chicken stock).

While chicken cools, heat olive oil in a Dutch oven or heavy-bottomed pot over medium-high. Add onions, carrots, and tomato and cook until beginning to soften, stirring occasionally, about 4-5 minutes.

Add garlic and rice, and cook until fragrant and rice begins to toast, stirring occasionally, about 3 minutes.

Stir in 4 cups cooking liquid/stock and bring to a boil. Reduce heat to low and cover and simmer until rice is cooked through, about 20 minutes.

While rice cooks, remove skin from chicken and chop or pick meat into pieces.

When rice is finished, stir in chicken pieces and parsley and season with salt and pepper. Serve and enjoy!

Source : allrecipes.com