

## GINGER CHICKEN & BEANS

4 small skinless chicken breast halves	1 t ground allspice
Flour	½ t ground cumin
1 T olive oil	¼ t ground nutmeg
2 c chopped onions	¼ t pepper
1 can (16 oz) red kidney beans, rinsed, drained	¾ c sliced red pepper
1 can (15 ½ oz) pinto beans, rinsed & drained	¾ c sliced green pepper
1 can (15 oz) garbanzo beans, rinsed & drained	½ to ¾ t ground ginger
1 can (14 ½ oz) low salt chicken broth	1 clove garlic, minced
1 T flour	Minced parsley

Cut chicken breasts into halves, coat lightly with flour. Cook chicken in oil in large skillet or Dutch oven until brown on all sides, 8 to 10 minutes; remove from skillet. Drain excess fat from skillet, add onions, peppers, ginger root and garlic, and sauté 2 to 3 minutes. Stir in 1 T flour, spices and pepper; sauté until onions are tender, 2 to 3 minutes longer.

Stir beans and chicken broth into skillet; add chicken and heat to boiling. Reduce heat and simmer, covered, until chicken is cooked and tender, about 20 minutes. Sprinkle with parsley and serve.

Makes 8 one-cup servings.