



Laura's Speedy Gonzales Stew

3# chicken skinless-boneless thighs

1 cup uncooked rice

2 jars mild salsa

2 cups frozen green beans

1 large can whole tomatoes

Shredded cheddar cheese

2 cups water

Put all ingredients (except rice and cheese) in crock pot and simmer on low for 6 hours. Chop meat and return to slow cooker. Stir well. Add rice and simmer 40 minutes. Serve in bowls, sprinkling cheese on top.

Laura NOlette