

HAWAIIAN CHICKEN AND RICE FOIL PACK

<https://scoutermom.com/333/hawaiian-chicken-and-rice-foil-pack-recipe/>

You can leave the chicken in one piece or cut it into bite sized chunks before cooking.

Ingredients

- 3 cups Minute Rice
- 3 cups water
- 6 small boneless chicken breasts
- 1 can chunk pineapple
- 1 bell peppers - cut into pieces
- Additional vegetables such as carrots, peas, scallions (optional)
- ½ cup mild BBQ sauce

Instructions

1. Mix the rice and water.
2. Spoon the rice mixture into the center of 6 pieces of foil
3. Put a chicken breast on top of the rice.
4. Top chicken with pineapple and pepper
5. Drizzle with a little BBQ Sauce
6. Seal and cook. (See notes below)

Notes

For the instructions for sealing and cooking, see How to Make a Foil Pack (Hobo) Meal