

# Jalapeno Peach Chicken

*This recipe makes about 6 cups*



## Ingredients

**1 tsp** sea salt  
**1 tsp** black pepper  
**1 tsp** smoked paprika  
**1 tsp** onion powder  
**1 tsp** garlic powder  
**1 Tbsp** chili powder  
1 jalapeno, seeded and diced  
2 peaches, peeled, pitted, and diced  
**½ cup** peach preserves  
**2 Tbsp** soy sauce  
**1 Tbsp** apple cider vinegar  
**1 Tbsp** cornstarch  
chicken broth

## Directions:

1. Season the chicken with salt, pepper, paprika, onion powder, garlic powder, and chili powder.
2. Heat a large skillet over medium heat with a couple of tablespoons of chicken broth until hot.
3. Add the chicken to the skillet and cook for about 5 minutes, or until no longer pink in the center.
4. Remove the chicken from the pan and set aside.
5. Add the peaches and jalapeno to the pan, cooking until the peaches soften. The time will vary depending on their ripeness.
6. In a measuring cup, whisk together the peach preserves, soy sauce, apple cider vinegar, and cornstarch until smooth.
7. Return the chicken to the pan, pour in the peach preserve mixture, and cook until the sauce thickens.
8. Remove from heat and allow to cool before spreading the food over parchment lined trays.
9. Place dividers (if you choose). We like to use 10 portions per tray
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

For 2 servings (4 portions), add about 1 ½ cups of hot water or chicken broth, then cover and let sit for 30 minutes. Check the texture and add more liquid if needed, allowing it to sit longer if necessary. Adjust as needed until the desired consistency is reached.

## Notes:

This dish pairs well with a variety of sides that complement its sweet and savory flavors. Serve it over rice, quinoa, or mashed potatoes to soak up the sauce, or pair it with roasted sweet potatoes for a hearty option. Grilled vegetables like zucchini, bell peppers, or asparagus add a fresh contrast, while steamed green beans provide a simple, crisp side.

## Nutritional Value Per 1 ½ C

Calories: 177 Protein: 2 g Fat: 1 g Carbohydrates: 42 g Sugar: 27 g Fiber: 2 g