



Arroz con Pollo

4 Servings • 1 Serving = 4 Ounces Chicken and $\frac{1}{4}$ Cup Brown Rice

INGREDIENTS

- 1 pound boneless, skinless chicken breast or thigh
- $\frac{1}{2}$ teaspoon salt
- Freshly ground black pepper, to taste
- 1 Tablespoon extra virgin olive oil or canola oil, divided
- $\frac{1}{2}$ small white onion, finely chopped
- 2 cloves garlic, minced
- $\frac{1}{2}$ green bell pepper, finely chopped
- $\frac{1}{2}$ red bell pepper, finely chopped
- 1 teaspoon ground cumin, or to taste
- $\frac{1}{2}$ teaspoon ground oregano
- 2 Roma tomatoes, chopped
- 1 cup instant brown rice
- 1 $\frac{1}{2}$ cups low-sodium chicken stock, warmed
- Handful cilantro, chopped

DIRECTIONS

1. Heat a large skillet over medium heat. Pat the chicken with a paper towel and cut into even-sized pieces. Season with salt and pepper. Add half of the oil to the skillet. Add the pieces of chicken to the skillet and allow to cook until golden brown. Flip and brown all sides, then remove the pieces from the skillet and place onto a plate. Set aside.
2. Add the rest of the olive oil to the skillet and add the onion, garlic, and bell pepper. Season with cumin and oregano and stir to combine. Sauté for about 5 minutes, until the vegetables soften, and the onion is translucent. Stir in the chopped tomatoes and brown rice. Cook for 2 minutes.
3. Add the warm chicken stock and return the pieces of chicken to the skillet, placing on top of the rice. Cover the skillet, turn the heat down to low and cook for 15 minutes, until liquid is absorbed, and the chicken has cooked through.
4. Let sit a few minutes, fluff rice with fork and serve with fresh cilantro sprinkled on top.

Nutrition Facts

4 servings per container
Serving size 4 ounces chicken
with $\frac{3}{4}$ cup
cooked brown
rice

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 400mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	8%
Potassium 663mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

chefs.org

@CHEFSanAntonio



© Culinary Health Education for Families