



ARROZ CON POLLO

4 Servings • 1 Serving = 4 oz. chicken & $\frac{3}{4}$ cup brown rice

INGREDIENTS

- 1 pound boneless, skinless chicken breast or thigh
- $\frac{1}{2}$ teaspoon salt
- freshly ground black pepper
- 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
- chopped fresh cilantro for serving

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, swirling the oil around by lifting the handle. 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 Serving Size = 4oz. chicken and $\frac{3}{4}$ cup rice (318g); Servings per container = 4; Calories 320; Total Fat 8g (12%); Saturated Fat 1.5g (8%); Cholesterol 120mg (40%); Sodium 410mg (17%); Total Carbohydrate 23g (8%); Dietary Fiber 3g (12%); Sugars 3g; Proteins 38g.

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