

# WEEKEND PASSPORT: ARROZ CON POLLO



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

## Exploring Latin Cuisine:

- Latin Cuisine refers to foods from Latin American countries including Mexico. Many Native American civilizations, such as the Mayans, Toltecs, and the Aztecs existed in Mexico thousands of years ago. These ancient civilizations built amazing cities with large pyramids, beautiful murals, and created a calendar using planets and stars.
- Aztec and Mayan civilizations discovered foods which today we consider our favorites – can you guess any of them? Chocolate is one of the most famous. Chocolate was made from cacao beans which were believed to be a gift from the God of Wisdom, Quetzalcoatl. These ancient civilizations were also master gardeners. They grew most of their foods, like squash, corn, and chilies.
- In the early 1500's, the Spanish arrived in Mexico. They conquered the Aztecs and ruled Mexico until 1821. The Spanish brought their own foods such as meats, bread, and cheese. Today, Mexican cuisine is a combination of different foods from all of these cultures.
- Arroz con Pollo, which means rice and chicken, is a popular dish among all Latin countries, such as Mexico and Spain. It is a great home style recipe that is delicious and made with tender chicken, light and fluffy rice, and seasoned with herbs and spices like oregano and cumin.



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## Ingredients:

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

## Directions:

- 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.
- 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.
- 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.
- Let sit a few minutes, fluff rice with fork and serve with fresh cilantro sprinkled on top.

