Arroz con Pollo (Chicken & Rice)



Sirve:

6

Pieza:

12" Chef's Gourmet Skillet
Blender
Valora:

Contribuido por:

Diana Valenciano
Agregar un Comentario

Descripción de la Receta:

Arroz con Pollo is a popular staple in Latin American cooking. This recipe takes every day ingredients and creates a mouth watering dish that everyone will love! It's the perfect recipe for left over roasted chicken, just add it in once you add the rice in to start cooking.

3 chicken breasts, boneless/skinless and cubed
2 cups
jasmine rice
(380
g)
½ red bell pepper, diced
2 roma tomatoes
½ white onion
3 garlic cloves
2 tbsp
tomato paste
3 ½ cups

chicken stock, low sodium
(831 2/3
ml)
1 ½ cups
mixed veggie mix
(284
g)

Preparación :

1. Preheat skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add chicken into skillet and season with salt & pepper. Cover and cook for 5 minutes. Once chicken is cooked, remove from skillet and set aside.
3. Add bell pepper to the skillet, cover and cook for 4 minutes.
4. While the bell pepper is cooking, add onions, tomatoes, garlic, tomato paste and chicken stock into a blender and blend until smooth.
5. Add jasmine rice to the skillet and combine with the bell pepper. Add in the contents from the blender and stir. Cover and cook on medium for 3 minutes until it begins to simmer.
6. Add mixed vegetables and cooked chicken into the skillet and combine. Cover, when Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 15 minutes or until rice has cooked through.
7. Fluff the rice with a fork and serve. Garnish with some cilantro leaves for flavor.

Información nutricional por ración

Calorías: 336
Grasa Total: 4g
Grasa Saturada: 1g
Colesterol: 86mg
Sodio: 580mg
Carbohidratos: 35g
Fibra Dietética: 5g
Azúcar: 3g
Proteína: 35g