

Arroz con Pollo

Ingredients

1 pound boneless, skinless chicken breast or thighs
2 cups brown rice
1 can (15 oz) diced tomatoes
1 medium green pepper, chopped
1 medium onion, chopped
2 cloves garlic, minced
2 Tablespoons olive oil
2 cups low-sodium chicken broth

Optional:

1 packet Sazon Goya (adobo seasoning)
Cilantro, chopped
Salt and pepper

Instructions

Heat olive oil in a large pot over medium heat. Add chicken and cook until browned on all sides. Add onion, green pepper and garlic (salt and pepper as preferred) and cook until softened, about 5 minutes. Stir in diced tomatoes, rice, Sazon Goya (if using) and chicken broth. Bring to boil, then reduce heat, cover and simmer for 45 minutes or until rice is fully cooked and fluffy. Garnish with chopped cilantro before serving.



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