



Arroz con Pollo

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken Breast, cubed	455 g
2 cups	Brown Rice	473.16 g
1 medium	Onion, diced small	110 g
3 each	Garlic, cloves, minced	9 g
3 tsp	Olive Oil, divided	15 ml
1 each	Green Bell Pepper, diced small	119 g
1 lb	Sweet Potatoes, peeled, diced small	455 g
1 Tbsp	Tomato Paste	15 g
8 oz	Diced Tomatoes, canned	226 g
5 cups	Vegetable Stock	1183 ml
1 tsp	Cumin, ground	5 g
1/4 tsp	Salt	1.25 g
1/4 tsp	Black Pepper	1.25 g
1/2 tsp	Oregano, ground	2.5 g
1/4 tsp	Cinnamon, ground	1.25 g
1/4 tsp	Red Pepper Flakes	1.25 g
1/4 cup	Cilantro, rough chopped	59.15 g
1 each	Lime, wedged	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 375° F (190° C).
3. In a large saucepot on medium-high heat, add 2 teaspoons of oil and cubed chicken.
4. Once chicken is partially cooked, remove from pot and set aside in a bowl.
5. In the same saucepot, add the rest of the oil and onions, cook over medium heat until translucent. Stir often and then add in the garlic and peppers, cook for another 2 minutes.
6. Add the rice and tomato paste, stir frequently, allowing them to caramelize.
7. Then, add in the vegetable stock and sweet potatoes and bring to a boil. Once it boils, reduce the heat and simmer for 10 minutes.
8. Once the rice is half way cooked or liquid reduced by half, add in the canned tomatoes, and spices. Bring to a boil and then remove from the heat.
9. Add the chicken back into the pot, cover with a lid, and place into the oven for 15-20 minutes or until chicken and rice are cooked thoroughly.
10. Remove from the oven, stir in the cilantro prior to serving and top with lime wedges.
11. Serve and enjoy.

Nutrition Facts**Serving size** **2 cups**
Servings **6****Calories** 400
Calories from Fat 60Total Fat 6 g
Saturated Fat 1 g
Trans Fat 0 g
Monounsaturated Fat 3 g
Cholesterol 48 mg
Sodium 448 mg
Carbohydrates 62 g
Dietary Fiber 5 g
Sugars 4 g
Protein 22 gVitamin A 110 %
Calcium 4 %
Vitamin C 28 %
Iron 11 %
Phosphorus 364 mg
