



Arroz Aguado (Nica)

Recipe based on famous Nicaraguan dish.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1 medium	Onion, diced	1 medium
1 each	Green Bell Pepper, diced	1 each
2 cloves	Garlic, minced	2 cloves
4 cups	Vegetable Stock	950 mL
1 lb	Chicken Breast, diced	453 g
1 each	Carrot, diced	1 each
2 medium	Tomatoes, diced	2 medium
1 cup	Brown Rice, washed	198 g
1 each	Lemon, juiced	1 each
1 each	Lime, juiced	1 each
1 tsp	Paprika	1.3 g
1 tsp	Salt, Kosher	6 g
to taste	Black Pepper, ground	to taste
2 Tbsp	Mint Leaves, fresh, chopped	7.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat a suitable saucepan over medium heat. Add oil and cook the onion and green pepper until onion is translucent. Add garlic.
3. Pour the vegetable stock and let it boil.
4. Once it boils, reduce the heat and add the chicken. Let it simmer for 10 minutes.
5. If you see foam on the top, remove it before adding the rice.
6. Add carrots, tomatoes and rice. Let simmer for 25 min.
7. Add lemon and lime juice.
8. Season with paprika, salt, and pepper.
9. Remove from heat and stir in the mint.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1/2 cup**
Servings **10****Calories** 147
Calories from Fat 25

Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	1.2 g
Cholesterol	29 mg
Sodium	60 mg
Carbohydrates	18 g
Dietary Fiber	2 g
Sugars	2 g
Protein	11 g
Vitamin A	35 %
Calcium	1 %
Vitamin C	18 %
Iron	3 %
Phosphorus	166 mg
