

Arroz Con Pollo Chicken and Rice

Serves 6

Ingredients:

- 2 tablespoons vegetable oil
- 1 chicken (whole, cut up, skin removed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic clove (minced)
- 2 tomatoes (chopped)
- 2 1/4 cups chicken broth (low-sodium)
- 1 bay leaf
- 1 cup rice (uncooked)
- 1 cup peas
- salt (to taste, optional)
- pepper (to taste, optional)



Directions:

1. In a large skillet heat oil and brown **thawed** chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

Nutrition Facts	
Serving Size 1/6 of recipe	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 11g	
Vitamin A 20%	Vitamin C 45%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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