



Arroz Con Pollo

Arroz Con Pollo (Rice With Chicken) is a classic dish that is enjoyed throughout Spain and Latin America. Each country has its own version, but it remains a family favorite. Try this hearty, flavorful recipe today.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 1 hour

the INGREDIENTS

- ½ cup** brown rice, long-grain, uncooked
- 1 cup** water
- ½ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- ½ teaspoon** garlic powder
- 2 teaspoons** cumin, ground
- 12½ ounces** chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 6 tenderloins)
- ¾ cup** onion, fresh, peeled, ¼" diced
- ¾ cup** green bell pepper, fresh, ¼" diced
- 3 cloves** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- 2 teaspoons** oregano, leaves, dried
- ¾ cup** tomatoes with juice, canned, diced
(¾ cup = about ½ of a 14½ oz can)
- 1 cup** chicken broth, low-sodium
- Nonstick cooking spray

the DIRECTIONS

1. Preheat oven to 400 °F.
2. Combine brown rice and water in small pot. Stir once.
3. Heat on medium-high heat to a rolling boil.
4. Cover and reduce heat to medium. Cook 10-15 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
5. In a small bowl, combine seasonings: salt, black pepper, garlic powder, and cumin.
6. Sprinkle chicken tenderloins with ½ of the seasoning mixture. Reserve the remaining seasoning mixture for step 12.
7. Line a baking sheet with parchment paper, and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet.
8. Roast for 12–15 minutes. Chicken tenderloins should reach an internal temperature of 165 °F for at least 15 seconds.
9. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray.
10. Place skillet over medium-high heat.
11. Add onion and peppers, and sauté for about 3 minutes, or until vegetables are tender. Stir frequently.
12. Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture. Cook for 3 minutes, stirring frequently.
13. Add chicken broth, and bring to boil.
14. Add cooked rice, stir well, and cover.
15. Cook for 7–10 minutes. Stir occasionally.
16. Serve one chicken tenderloin and ½ cup rice and vegetable mixture.

Critical Control Point: Hold at 140 °F or higher.

the

NUTRITION INFORMATION

For 1 chicken tenderloin and ½ cup rice and vegetable mixture.

Nutrients	Amount
Calories	166
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	37 mg
Sodium	295 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	31 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

the

CACFP CREDITING INFORMATION

1 chicken tenderloin and ½ cup rice and vegetable mixture provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

Source: Team Nutrition CACFP Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

