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%	

tein	11g		

Sugars 4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending

Iron

on your calorie need	is:		
	Calories:	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 · Cr	arbohydrate 4	Proteir	1.4

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

Servings Per Container 6

Amount Per Serving	
Calories 200	Calories from Fat
	% Daily Value
Total Fat 4g	69
Saturated Fat 1g	59
Trans Fat	
Cholesterol 15mg	59
Sodium 70mg	39
Total Carbohydrate 31g	109
Dietary Fiber 3g	129
Sugars 4g	
Protein 11a	

Vitamin A	20%	Vitamin C	45%
Calcium	4%	Iron	10%
*Percent Dail	ly Values are	based on a 2,000 cal	orie

on your calorie needs: Calories: 2.000 2.500 Total Fat Less than 65a 80a Saturated Fat Less than 25g 300mg Cholesterol Less than 300mg Sodium 2,400mg 2,400mg Less than Total Carbohydrate 300g 375g

diet. Your daily values may be higher or lower depending

30g Dietary Fiber 250 Calories per gram Carbohydrate 4 Protein 4





Kansas State University Agricultural Experiment Station

and Cooperative Extension Service

K-State Research and Extension is an equal conortu-A-State Research and Extension is an equial opportu-nity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D.



This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osbas Supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





Cansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportu

 National Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D.



This material was funded by USDA's Supplemental Nutrition This inaterial was unded by OsbaS supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689