

# Chicken & Rice

## Latin Style

- To support your heart, use cooking oil instead of lard or butter when cooking. Try olive oil, canola oil, vegetable oil, peanut oil, safflower or rapeseed oil.
- If you are working towards eating more brown rice in your meals, try eating half brown and half white rice first to ease the transition.
- Eating smaller serving sizes can decrease the amount of salt that you eat at a meal. Use your favorite seasonings like Sazon, chicken bouillon or Adobo instead of salt, because these mixes have salt included. Also try the **no salt added** option of your favorite seasonings or make your own blend!
- Adding more vegetables to this dish will boost the nutrition by adding more color and save time from making another dish.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 thigh + 1 cup rice (445g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 418mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 8–1 cup servings

Prep Time: 1 hour 15 minutes



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## Ingredients:

- 2 Tablespoons olive oil
- 8 boneless, skinless chicken thighs
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1 teaspoon ground cumin
- 4 garlic cloves, minced or 2 teaspoons
- 1 medium onion, diced
- 1 bell pepper, diced, any color
- 2 cups uncooked brown rice
- 1 teaspoon smoked paprika
- 4 1/2 cups water
- 2 roma tomatoes, diced or 1 can diced tomatoes
- 2 chicken bouillon cubes
- 2 bay leaves

## Directions:

- 1) Add oil to a large pot with a lid over medium heat. Season chicken with salt, pepper and cumin. When oil is hot, add chicken. Cook for 5–8 minutes, turn once. Move cooked chicken to a plate.
- 2) Stir onion, pepper and garlic into the pot. Cook for 3–5 minutes until slightly soft. Stir in rice, paprika, (optional: olives, capers and paprika). Cook and stir for 3 minutes.
- 3) Stir in water, tomatoes, bouillon and bay leaves. Bring to a boil, then add chicken to the pot. Reduce heat to medium–low and cook for 35 minutes, until chicken is done.
  - While cooking, cut other non–starchy vegetables that you would like to add.
- 4) Stir in other vegetables (optional), cover and cook for 5–10 minutes, until most liquid has been absorbed.
- 5) Remove from heat, keep covered and let stand for 10 minutes to finish cooking.
- 6) Stir and remove bay leaves before serving.

### Optional ingredients:

1/4 cup capers, 1/4 cup stuffed olives, chopped

1–2 cups other vegetables (broccoli, cauliflower, green beans, more peppers, spinach or kale, etc.)