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

**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

**DIRECTIONS**

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

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

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

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>166</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
<td>37 mg</td>
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<tr>
<td>Sodium</td>
<td>295 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>17 g</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Added Sugars included</td>
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</tr>
<tr>
<td>Protein</td>
<td>16 g</td>
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</tbody>
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| Vitamin D          | N/A    |
| Calcium            | 31 mg  |
| Iron               | 1 mg   |
| Potassium          | N/A    |

N/A=data not available.

### 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://teamnutrition.usda.gov