

Arroz con Pollo (Chicken with Brown Rice)



Makes:

6 servings

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core
medium mixing bowl

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Rice) 5/5

Contributed By:

Chef John Lara
Personal chef to former U.S. President
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Recipe Description:

This low-calorie, low-fat meal provides a healthy and tasty one-dish meal that can be easily frozen.

2
pounds
boneless, skinless chicken breast, cubed
(900
g)
¹/₄
pound
onions, diced
(113
g)
32
ounces
chicken broth, low sodium
(950

mL)

4

ounces

tomato sauce, low sodium

(120

mL)

4

ounces

diced green chilies

(113

g)

1

teaspoon

ground cumin

(5

mL)

1

teaspoon

chili powder

(5

mL)

1

teaspoon

garlic powder

(5

mL)

1

teaspoon

sea salt

(5

mL)

2

cups

brown rice, parboiled

(380

g)

$\frac{1}{2}$

pound

zucchini, quartered and sliced

(230

g)

$\frac{1}{4}$

pound

grape tomatoes, sliced

(113

g)

$\frac{1}{4}$

cup

cilantro, chopped

(10

g)

medium limes, garnish

Directions:

1. Preheat electric roaster to 300°F/149°C. Add chicken and onions. Cover and allow chicken to cook for 15 minutes, stirring intermittently.
2. In medium bowl, whisk together chicken broth, tomato sauce, green chilies, and spices.
3. Add broth mixture to chicken and onions in MP5 and combine.
4. Add brown rice to chicken mixture and gently fold together.
5. Reset electric roaster temperature to RIC1, cover, and continue to cook.
6. Once the timer set at RIC1 expires, add zucchini into electric roaster, re-cover, and allow to cook for 3 - 5 minutes. Set heat to 150°F/66°C to keep warm prior to serving.
7. Plate and sprinkle with grape tomatoes and cilantro.
8. Garnish with lime wedges.

Tips:

- This dish can be easily frozen. Do not add tomatoes or cilantro if freezing.

Nutritional Information per Serving**Calories:**

220

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

88mg

Sodium:

559mg

Total Carbs:

8g

Dietary Fiber:

2g

Sugar:

3g

Protein:

39g