

Spanish Rice with Chicken - Sopa de Arroz con Pollo

This dish is full of flavor and will impress your family and friends! This is an enhanced version of the typical Spanish rice that is served at Mexican restaurants. Brown rice and veggies make it much healthier and delicious. You can also use it in the Anytime Burritos.

Ingredients:

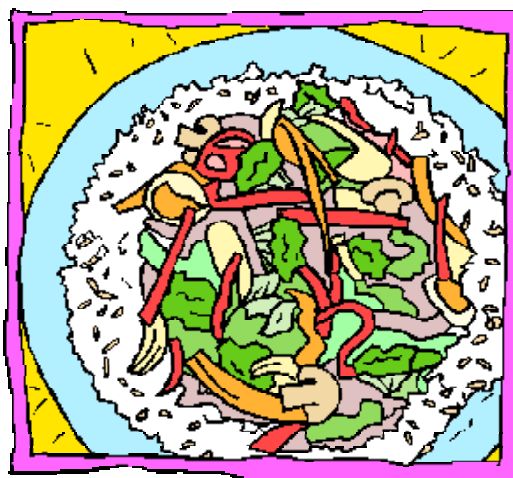
1 cup of brown rice
3-4 garlic cloves, minced (can leave whole)
½ onion, chopped
1 ½ cups of diced tomatoes canned/fresh
2 tbsp. of olive/canola oil
½ cup frozen/canned corn, rinsed
1 ½ cups of water
1 bouillon cube
1/4 tsp. Salt
1 lb. of chicken tenders/cubed breast

Veggies (use frozen, canned or fresh, pick at least 3):

½ cup of green beans
2 scallions
½ cup of corn
½ cup of peas

Topping:

1 fresh cucumber, diced
¼ cup of chopped cilantro



Directions:

Heat 1 tbsp. olive oil over medium heat. Sauté chicken until the outside is white, and then add the rice. Keep sautéing until the chicken browns. Add onion and garlic and sauté for 1 minute. Add diced tomatoes, water, bouillon, salt and veggies and bring to a boil. Lower the heat, cover with a lid and simmer for 35-45 minutes on low heat. Serve with fresh, diced cucumber and cilantro.

More nutrition information about this recipe:

- Brown rice is an excellent source of fiber, manganese and selenium
- Garlic is good for your cardiovascular health
- Cucumber has vitamin C
- Spinach is full of vitamin A, C, folate
- Lean chicken contains protein and vitamin B6
- Green beans are good source of vitamin K, C and fiber