



# Puerto Rican Chicken & Rice



prep time  
20 minutes



total time  
40 minutes



servings  
4-5

## Ingredients

### Chicken:

- 2 tablespoon olive oil, divided ~ 2 servings of fat
- 1 ½ pounds/675 grams boneless skinless chicken thighs ~ 19 servings of protein

### Seasoning:

- 1 teaspoon cumin
- ¾ teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon red cayenne pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon coriander
- ½ teaspoon salt
- Freshly ground black pepper

### Sofrito & Rice:

- 1 cup/180 grams dry basmati white rice (don't use brown, it will take too long to cook)\*\* ~ 7 servings of carb
- 2/3 cup frozen peas ~ 1 serving of veggies
- 3 cloves garlic, minced
- ½ cup finely diced green pepper ~ ½ serving of veggies
- ¼ cup finely diced red pepper ~ ¼ serving of veggies
- ¼ cup finely diced orange pepper ~ ¼ serving of veggies
- ¼ cup finely diced yellow pepper ~ ¼ serving of veggies
- ¼ cup finely diced white onion ~ ¼ serving of veggies
- ¼ cup finely diced cilantro
- 1 jalapeno, diced ~ 1 serving of veggies
- ¼ teaspoon ground coriander
- ¼ teaspoon cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon garlic powder
- ¼ teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup tomato sauce ~ 1 serving of veggies
- 1 ¼ cups water

Feel free to mix up what bell pepper you use in this recipe. You can use all the same color or a variety like we have in this recipe!

## Instructions

**1** Add chicken to a large bowl. Add in 1 tablespoon olive oil and your adobo seasoning: cumin, paprika, chili powder, cayenne pepper, onion powder, garlic powder, coriander, salt and pepper. Use clean hands to toss the chicken in the mixture. Cover and allow chicken to marinate for 30 minutes, or you can skip this completely and begin the cooking process!

**2** Next add remaining 1 tablespoon olive oil to a large deep 10 inch skillet and place over medium high heat. (If you do not have a skillet a large pot will also work very well!) Once oil is hot, add in chicken and season with a little more salt and pepper. Cook until browned 4-5 minutes, then flip and cook an additional 4-5 minutes. Remove from pan and transfer to a plate.

**3** In the same skillet (it should be greased enough already for sauteing) you will make your sofrito by adding in garlic, jalapeno, diced green, yellow, red, orange pepper, diced onion and cilantro.

**4** Saute for 2-3 minutes, then add in your spices (also known as homemade sazón spices): cumin, turmeric, coriander, garlic powder, oregano, salt and

pepper and cook for 30 seconds. Then add in tomato sauce and water and stir well to combine.

**5** Bring to a simmer then fold in the rice and peas, making sure it is evenly distributed. Add browned chicken on top.

**6** Reduce heat to low, cover the skillet immediately and cook for 20-25 minutes.

**7** After 20-25 minutes, most of the liquid should be absorbed and rice should be cooked. Serve immediately. Garnish with cilantro and serve with a squeeze of fresh lime juice.



Whole Recipe Breakdown:

19 Servings Protein

7 Servings Carb

2 Servings Fat

4.5 Servings Veggies