

Arroz Con Pollo

Recipe makes 6 meals

Ingredients

- **9 Boneless Skinless Chicken Thighs, 2 lbs total, trimmed of any excess fat**
- **1.5 C White Rice, uncooked, rinsed**
- **1.5 C Chicken Broth**
- **15 oz can Gandules Verde (Green Pigeon Peas), drained**
- **6 oz Goya Sofrito Tomato Cooking Base**
- **2 Tbsp Olive Oil, divided**
- **1 Tbsp Adobo, divided**
- **1 Tbsp Garlic Powder, divided**
- **1 tsp Onion Powder**
- **1 tsp Oregano**
- **1 packet Sazón**
- **3-4 Bay Leaves**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 493
Fat - 19g
Carbohydrates - 44g
Protein - 33g
***Fiber - 2g**

**Estimated Cost
Per Meal**

\$1.97

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Instructions

- 1. Start by rinsing your rice until the water is no longer cloudy. Set your rice aside.**
- 2. Next, cut your 9 chicken thighs in half. This will give you 18 pieces of chicken for 3 pieces per meal.**
- 3. Add your chicken thighs to a large mixing bowl and add 1 Tbsp olive oil, 1 packet of sazón, 1/2 Tbsp adobo, 1/2 Tbsp garlic powder, 1 tsp onion powder, and 1 tsp oregano. Mix to coat your chicken well.**
- 4. Heat 1 Tbsp of olive oil in a large rice pot, or Dutch oven, over medium-high heat. Once your oil is hot, add in your seasoned chicken thighs. Cook for about 4-5 minutes on each side or until they have a nice sear on the outside. Don't worry if it's not fully cooked through, it will continue to cook with the rice. Once your chicken is cooked to your liking, remove them from your pot and set aside.**
- 5. In that same pot, add in 6 ounces of sofrito, your can of drained gandules, and 1.5 cups of uncooked rinsed rice. Mix and add in your remaining 1/2 Tbsp of adobo and 1/2 Tbsp of garlic powder. Mix well and let that cook for 2-3 minutes, stirring occasionally.**
- 6. Stir in 1.5 cups of chicken broth and bring it to a boil. Once the liquid starts to boil, add in your bay leaves and place your chicken thighs on top, along with any residual juices from the chicken.**
- 7. Cover and reduce the heat to medium-low and let this cook for about 20 minutes or until your chicken and rice are cooked through.**
- 8. Once your rice is done, remove the bay leaves, taste, and add salt and pepper to preference. You can either stir everything together or serve the rice with the chicken on the side of each meal.**
- 9. Buen provecho! Enjoy!**



Notes

- **There are many ways to make arroz con pollo, this is just my way. You can add or alter this recipe any way you'd like to fit your preference.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**