



## Valley-Style Arroz con Pollo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 bay leaves
- ☐ 2 teaspoons pepper black freshly ground plus more for chicken
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 3 pound chicken skinless cut into 8 pieces,
- ☐ 3 garlic clove minced
- ☐ 1 cup bell pepper green finely chopped
- ☐ 2 teaspoons ground cumin

- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 cup peas frozen
- ☐ 2 teaspoons chicken plus more for chicken
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup rice long-grain white

## Equipment

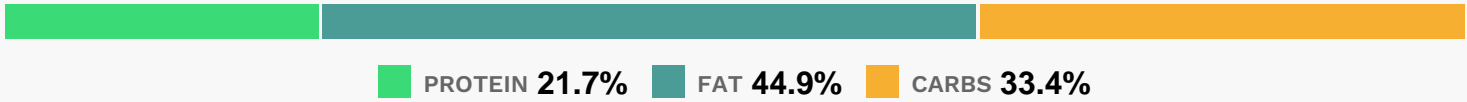
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Season the chicken with salt and pepper.
- ☐ Heat the olive oil in a large sauté pan set over high heat, and add 4 pieces of the chicken. Fry the chicken until browned, about 5 minutes on each side.
- ☐ Transfer the chicken to a paper towel-lined plate and set aside. In small batches, continue to fry the remaining pieces of chicken.
- ☐ Add the rice to the oil remaining in the pan and fry over medium-high heat until it is golden brown, about 10 minutes.
- ☐ Add the tomatoes, tomato sauce, onion, bell pepper, peas, tomato paste, garlic, bay leaves, cumin, 2 teaspoons of salt, 2 teaspoons of black pepper, and 2 1/2 cups of the broth. Bring to a boil, then transfer to a 9 x 13-inch casserole dish.
- ☐ Add the chicken to the casserole dish, nestling the white meat into the rice to prevent it from overcooking, and place the dark meat on top of the rice. Cover the dish with foil and bake until the rice is tender and the chicken is no longer pink, 40 to 50 minutes. If needed, add more chicken broth, 1 cup at a time, to the dish during baking to keep the chicken and rice moist.

☐ From The Casserole Queens Cookbook by Crystal Cook & Sandy Pollock. Copyright © 2011 by Crystal Cook and Sandy Pollock; Food photographs copyright © 2011 by Ben Fink. Published by Clarkson Potter/Publishers. Crystal Cook and Sandy Pollock, the Casserole Queens, have been delivering casseroles in Austin, Texas, since 2006; they also teach cooking classes at Whole Foods stores in the area. They have been featured on Food Network's Throwdown! with Bobby Flay and Bobby Flay Radio on Sirius XM, as well as on television news and radio talk shows.

## Nutrition Facts



### Properties

Glycemic Index:42.19, Glycemic Load:14.27, Inflammation Score:-7, Nutrition Score:16.079130374867%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

### Nutrients (% of daily need)

Calories: 366.86kcal (18.34%), Fat: 18.39g (28.3%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 27.01g (9.82%), Sugar: 6.13g (6.81%), Cholesterol: 62.16mg (20.72%), Sodium: 296.48mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (40%), Vitamin C: 33.03mg (40.03%), Vitamin B3: 7.57mg (37.84%), Manganese: 0.63mg (31.45%), Vitamin B6: 0.56mg (27.8%), Selenium: 16.75µg (23.93%), Phosphorus: 209.99mg (21%), Potassium: 584.91mg (16.71%), Vitamin E: 2.37mg (15.81%), Iron: 2.81mg (15.59%), Fiber: 3.77g (15.07%), Copper: 0.3mg (14.92%), Vitamin K: 15.22µg (14.49%), Vitamin B5: 1.3mg (13%), Magnesium: 51.42mg (12.86%), Zinc: 1.89mg (12.61%), Vitamin A: 629.73IU (12.59%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.2mg (11.8%), Folate: 34.21µg (8.55%), Calcium: 58.74mg (5.87%), Vitamin B12: 0.26µg (4.28%), Vitamin D: 0.17µg (1.11%)