

One Pot Wonder

August 7, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



There is nothing better than one pot wonders. You can take it in any direction, any flavor. My favorite is Spanish style chicken and rice known as arroz con pollo. This dish is native to Puerto Rican kitchens everywhere. Packed with flavor this dish is one for the books! Let's get cooking....

Serves: 4 Total cook time: 45 min

- 2 pounds chicken pieces legs or thighs
- 2 tablespoons olive oil
- 1 13-oz can chicken broth
- ¼ cup of tomato paste
- ½ cup onions small dice
- ½ cup red pepper small dice
- ½ cup green pepper small dice
- ¼ cup of green Spanish olives
- 2 tablespoons of chopped cilantro

- 2 cloves garlic crushed
- 1 teaspoon salt
- ¼ teaspoon turmeric
- ½ teaspoon Freshly Ground black pepper
- 1 bay leaf
- 10 ounces frozen peas
- 1 cup Long-Grain rice

Season chicken with salt and pepper. In a heavy bottom pot or dutch oven, on medium high heat, brown chicken pieces about 6 minutes per side. Turn heat to medium, add in onions, garlic, salt and pepper, turmeric, red and green peppers, and bay leaf, cilantro, tomato paste. Sauté for 3-4 minutes then add broth - if no broth, water is fine too. Let this come to a full boil, once at a boil add in rice, peas and olives. Let this cook until liquid is evaporated. Once liquid is gone reduce heat to low and cook about 15 more minutes. With a large spoon give a toss to the rice. If you don't want chicken in this dish you can easily leave out the protein. This dish is typically served with a side of avocado or simple salad of any greens and tomatoes simply tossed in vinegar and oil.

We can't go to Puerto Rico but we can certainly enjoy its wonderful foods at home! Serve hot and enjoy!