

Recipe Name: Arroz Con Pollo

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>1/2 cup-30 servings</u>	
<u>2/3 cup-26 servings</u>	<u>3-5 yr old</u>
Portion Size	Age Group

Ingredient	Form (whole, chopped)	<u>17 cups</u> Recipe Yield	
		Weight	Measure
B.S. Chicken Breast	1" dice	4 lb	
Rice, white medium grain		1 lb	
Chicken Broth			8 cup
Peas	Frozen		1.5 cup
Pimiento	Can		4 oz
Cumin, garlic, oil			

Directions:

- Cook chicken until tender, set aside. Shred or chop when cool.
- Cook rice in Chicken broth.
- Combine chicken, rice, peas, pimiento.
- Season with salt and pepper.

OR

- Cook diced chicken until tender. Cook rice, onion and garlic in oil.
- Add chicken broth, seasonings, peas, pimiento and chicken. Bring to boil.
- Cover and reduce heat to simmer.
- Cook covered until rice is done, about 20-25 minutes.