



## Easy and Flavorful Arroz con Pollo

★★★★☆

This Easy and Flavorful Arroz con Pollo recipe comes together in a flash and requires only one pot. A perfect all-in-one meal that the whole family will love.

**Course** Main Course

**Cuisine** Latina, Spanish, Venezuelan

**Prep Time** 20 minutes

**Cook Time** 20 minutes

**Total Time** 40 minutes

**Servings** 6

**Calories** 409kcal

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### Equipment

- Large Skillet
- Knife
- Cutting Board

### Ingredients

- 3 - 4 boneless and skinless chicken breasts, cut into small pieces
- 1 1/2 teaspoon kosher salt (or to taste)
- 1/4 teaspoon black pepper (or to taste)
- 1 teaspoon paprika
- 2 teaspoon garlic powder
- 6 tablespoons olive oil
- 1 cup onion, finely chopped
- 1 cup green pepper, chopped into small cubes
- 1 cup red pepper, chopped into small cubes
- 4 - 6 garlic cloves, minced

- 1/4 cup green onion, finely chopped
- 1 1/2 cup white rice
- 3 cups chicken broth (see notes)
- 1/4 cup tomato sauce
- 1 packet of seasoning with saffron - I use Goya (see notes for substitute)
- 2 cups frozen mixed vegetables (corn, carrots, and green peas)

## Instructions

1. Place the chicken in a bowl and season with salt, black pepper, paprika, and garlic powder. Set aside.
2. In a large skillet over medium heat, heat 3 tablespoons of oil.
3. Brown the chicken for 8 to 10 minutes, or until the chicken is no longer pink and lightly browned. Remove from the skillet and reserve.
4. In the same skillet, add 3 tablespoons of oil. Add onion and peppers; sauté for 3 minutes. Add garlic and green onion; sauté for 1 more minute. Add the rice and toast, for 2 - 3 minutes, stirring constantly.
5. Add chicken broth and tomato sauce; mix to combine. Add the Goya seasoning and mix well.
6. When the seasoning is well mixed, add the browned chicken and the frozen vegetables, and mix to distribute evenly. Cook, over medium-high heat, until most of the liquid has evaporated, about 5 – 8 minutes. Then, cover the skillet, reduce heat to low, and cook for 15-20 minutes or until rice is tender.
7. Garnish with fresh chopped cilantro. Serve hot with plantains if desired.

## Notes

**Chicken:** You can substitute chicken breasts for chicken thighs. If you want you can use bone-in chicken too, but the cooking time has to increase to make sure the chicken is cooked through.

**Rice:** I like to use Extra Long Grain Parboiled Rice because it cooks light and fluffy.

**Chicken broth:** You can use store-bought or homemade. However, I like to mix 3 cups water + 2 chicken bouillon cubes in a microwave-safe bowl, and microwave for 2 – 3 minutes to dissolve. This adds an incredible flavor to the rice.

**Seasoning with saffron:** Goya seasoning with saffron is my go-to. It adds a great flavor to the rice, it's easy to find in all groceries store (international aisle) and it's budget-friendly. You can substitute with 1 1/2 teaspoons kosher or sea salt, 1/4 teaspoon black pepper, 1/2 teaspoon cumin, 1/2 teaspoon paprika, 1/4 teaspoon turmeric, 2 large pinches of saffron.

**Extra Tips:**

- I highly recommend increasing the garlic to six cloves. It adds an incredible amount of flavor.
- To achieve the maximum amount of flavor, dissolve two chicken bouillon in 3 cups of hot water and use that instead of store-broth.
- Toast the rice until it looks opaque.
- After adding the frozen veggies, mix to distribute them evenly. Then avoid mixing the rice. Instead, let the liquid evaporate undisturbed.
- Do NOT cover the pot until most of the liquid has evaporated. Often, when this happens you will notice small holes on top of the rice (see photo above).

**Store** in an airtight container in the refrigerator for up to 5 days.

**Freeze:** Let the rice cool completely. Then, transfer to a freezer-friendly bag or container and keep frozen for up to 3 months.

**Reheat:** Thaw in the fridge overnight, then reheat on the stove or in the microwave until warm. You'll want to add a splash of water or broth to moisten it back up again.

**If you're making this recipe, please read the whole post content to get lots of tips, tricks, variations, frequently asked questions, and step-by-step photos.**

**★ Did you make this recipe? Don't forget to give it a star rating below!**

Please note that nutritional information is a rough estimate, and it can vary depending on the products used.

## **Nutrition**

Calories: 409kcal | Carbohydrates: 51g | Protein: 22g | Fat: 12g | Saturated Fat: 1g | Cholesterol: 48mg  
| Sodium: 552mg | Potassium: 707mg | Fiber: 4g | Sugar: 2g | Vitamin A: 4015IU | Vitamin C: 70.4mg |  
Calcium: 55mg | Iron: 1.8mg