

# Arroz Con Pollo

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-arroz-con-pollo-recipe-puerto-rican>

## Ingredients:

- 3 tablespoons olive oil
- 1 broiler-fryer chicken about 2 1/2-3 pounds, cut into serving pieces, or 2 1/2 to 3 pounds of chicken thighs or breasts, bone-in, wit...
- 1/2 cup flour for dredging
- salt
- ground black pepper Freshly
- paprika
- 2 tablespoons olive oil can use up to 1/4 cup
- 1 yellow onion medium, chopped
- 1 garlic clove minced
- 2 cups long-grain white rice or medium
- 3 cups chicken stock
- 1 tablespoon tomato paste or 1 cup of diced fresh or cooked tomatoes, strained
- 1 pinch oregano
- 1 teaspoon salt

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 195 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 69 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1070 milligrams
9. Sugar: 4 grams

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