

# Arroz Tapado (Rice-On-Top)

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/arroz-tapado-peruvian-recipe>

## Ingredients:

- 2 cups white rice uncooked
- 4 cups water
- 1 egg
- 1 potato peeled and cubed
- 1 cup vegetable oil for frying
- 3 tomatoes small, coarsely chopped
- 1/2 cup water
- 1 tablespoon vegetable oil
- 1/2 onion large, finely chopped
- 3 cloves garlic chopped
- 1 teaspoon chile ground dried aji
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 2 teaspoons fresh oregano chopped
- 1 pound lean ground beef
- 2 carrots large, peeled and cubed
- 1/4 cup frozen peas
- 1 tablespoon peanut butter
- chopped fresh cilantro optional
- fresh tomato chopped, optional
- ketchup optional

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 80 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 24 grams

7. SaturatedFat: 5 grams
  8. Sodium: 150 milligrams
  9. Sugar: 5 grams
  10. TransFat: 1 grams
- 

Thank you for visiting our website. Hope you enjoy Arroz Tapado (Rice-On-Top) above. You can see more 20 arroz tapado peruvian recipe Elevate your taste buds! to get more great cooking ideas.