

Asopao De Pollo (Puerto Rican Chicken & Rice Gumbo)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/asopao-puerto-rican-recipe>

Ingredients:

- 1 pound boneless, skinless chicken thighs cubed
- 1 1/2 teaspoons adobo seasoning
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1/4 cup sofrito
- 8 ounces no salt added tomato sauce
- 1 packet sazón seasoning with annatto
- 1 teaspoon ground cumin
- 1 chicken bouillon cube
- 2 bay leaves dried
- 4 cups low sodium chicken broth
- 1/4 cup fresh cilantro chopped
- 8 sprigs fresh thyme
- 1 cup parboiled rice
- 2 corn cobs cut into 2 inch cylinders, optional
- 1 cup frozen peas optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 940 milligrams
9. Sugar: 4 grams

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