

# Mom's Spanish Chicken and Rice

Yield: 8 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-recipe-sazon>

## Ingredients:

- 8 chicken thighs skinless, boneless, chopped
- 1 cup onion chopped
- 1 bell pepper medium
- 2 cloves garlic
- 2 tablespoons cilantro chopped
- 1 tablespoon olive oil
- 3 3/4 cups water
- 3/4 cup light beer
- 2 ounces tomato sauce
- 1 chicken bouillon cube
- 1 packet sazón Badia, or make your own, see above
- 6 ounces frozen mixed vegetables
- 2 tablespoons green olives alcaparrado, or pitted, capers and pimientos
- 2 1/4 cups long-grain white rice uncooked
- 2 teaspoons kosher salt

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 195 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 10 grams
8. Sodium: 970 milligrams
9. Sugar: 2 grams

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