

Chicken rice {Arroz con pollo}

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-tamales-criollos-recipe>

Ingredients:

- 3 pounds chicken assorted pieces
- 1 tablespoon achiote powder
- 1 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 10 garlic cloves crushed
- 3 tablespoons oil 2-, or butter
- 1 white onion diced, about 2 cups
- 2 celery stalks finely diced
- 4 Roma tomatoes peeled and diced
- 1 bell pepper diced
- 1 cup beer or white wine
- 2 cups water 1 1/2-, or broth, adjust as needed, in altitude or with a thicker grain rice you will need more liquid
- 2 cups rice
- 2 medium carrots diced
- 1 cup peas fresh or frozen
- 3 tablespoons chopped cilantro finely
- salt
- pepper
- fried plantains Ripe
- pickled onions Cebollas encurtidas or side salad
- avocado slices
- criollo Aji

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams

5. Fiber: 3 grams
 6. Protein: 37 grams
 7. SaturatedFat: 2 grams
 8. Sodium: 250 milligrams
 9. Sugar: 4 grams
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