

# Puerto Rican Rice with Chicken – Arroz con Pollo

Yield: 6 min  
Total Time: 90 min

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

## Ingredients:

- 2 teaspoons salt
- 12 whole black peppercorns or 1/4 teaspoon course black pepper
- 2 cloves garlic
- 1 1/2 teaspoons dried oregano
- 2 teaspoons olive oil
- 1 teaspoon lemon /lime juice or vinegar
- 2 pounds chicken about 8 thighs with bone
- 1 tablespoon olive oil or vegetable oil
- 2 ounces ham lean cured, diced, about 1/4 cup
- 1/2 cup beer or white wine
- 3/4 cup sofrito
- 1/4 cup tomato sauce or paste
- green olives Whole, small handful 8 to 12
- 1 tablespoon capers
- 1 tablespoon achiote paste
- 2 1/2 cups white rice medium
- 3 1/4 cups chicken stock heated
- 1 cup peas fresh or frozen, defrost
- pimientos optional for garnish

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 110 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 46 grams

7. SaturatedFat: 2.5 grams
  8. Sodium: 1600 milligrams
  9. Sugar: 5 grams
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