

# Puerto Rican Chicken Pasta

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 1 tablespoon oil
- 1 chicken lb boneless, skinless, cut into bite-sized pieces
- 2 teaspoons adobo divided
- 1/2 bell pepper any color, sliced
- 1 cup diced onion
- 1 teaspoon minced garlic
- 1 can tomato sauce 8 oz
- 1/4 cup sofrito
- 1 packet sazón
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/2 cup water or chicken stock
- 8 ounces penne pasta or rigatoni pasta

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 165 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 57 grams
7. SaturatedFat: 3 grams
8. Sodium: 640 milligrams
9. Sugar: 2 grams

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