

ARROZ CON POLLO

SUBMITTED BY: Julie Hayes

INGREDIENTS

- 5 to 6 pieces cooked chicken roast or barbecue
- 4 Tablespoons extra virgin olive oil
- 1 piece Spanish Chorizo de Bilbao sausage sliced
- 2 cloves garlic minced
- 1 whole onion chopped
- 1 whole red or green bell pepper seeded, sliced
- 1/4 cup tomato sauce
- 1 Tablespoon tomato paste
- 1/4 cup organic chicken broth
- 3 cups cooked white rice a day old, refrigerated
- 1 cup sliced green beans ends trimmed, cut into 1-inch pieces
- 1/2 cup green peas thawed if frozen
- 1 teaspoon salt
- 1 teaspoon = ground black pepper
- 2 whole hard-boiled eggs peeled, sliced
- 1 Tablespoon chopped fresh parsley for garnish

INSTRUCTIONS

1. Cook or barbecue chicken cutlets.

2. In a large skillet, over medium heat, add the extra virgin olive oil. After 1 to 2 minutes when oil is hot enough, add the sliced Spanish sausage chorizos. Stir fry the chorizos in the skillet for about 2 to 3 minutes to flavor the oil. Then remove chorizos from skillet and set aside for later. Saute the garlic and onions for 1 to 2 minutes. Add the red bell pepper strips.

3. When onions are transparent and bell pepper strips are softened, add the tomato paste, tomato sauce and chicken broth. Blend well. Add the cooked chicken pieces and incorporate the sauce with the rest of the ingredients. Place the cooked rice into the skillet and blend all the ingredients well till the tomato sauce coats the grains. Season with salt and black pepper.

4. Plate the rice first at the bottom of the platter. Add the chicken pieces on top of the dish. Place the green beans, green peas, chorizo and slices of bell peppers next to the chicken. Garnish with egg slices and chopped parsley. Serve warm.