

Arroz Con Pollo (Rice with Chicken)

*Carmen R Gonzalez - Coral Gables, FL
Treasure Classics - National LP Gas Association - 1985*

Yield: 4 to 6 servings

*1 3-pound frying chicken,
cut into serving pieces
1 large onion, diced
2 cloves garlic, minced
1/2 pint olive oil
1 can (8 ounce) whole
tomatoes
1 1/2 quarts water or
chicken broth
1 bay leaf
2 tablespoons salt
1 pound long grain rice
pinch saffron
1 green pepper, chopped
1/2 cup sherry
1 cup small peas (for
garnish)
2 whole pimientos (for
garnish)*

Preparation Time: 30 minutes**Bake Time: 20 minutes**

In a skillet over medium heat, fry the chicken in olive oil with the onion and garlic until the chicken is lightly browned and nearly cooked through, about 15 minutes.

Add the tomatoes and chicken broth. Bring to a boil. Add the bay leaf, salt, rice, saffron and green pepper. Stir thoroughly. Place in a heat-proof skillet or three-quart casserole.

Bake in a preheated 350 degree oven for 20 minutes.

Just before serving, stir in the sherry.

Garnish with peas and pimiento.

Per Serving (excluding unknown items): 2184 Calories; 217g Fat (92.7% calories from fat); 4g Protein; 34g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 12815mg Sodium. Exchanges: 4 1/2 Vegetable; 43 Fat.