

Chicken Rice Stew

Maria Chite

El Salvador

Serves: 4-6 people

Yield: 6 cups

Time: 1:30 hours

Ingredients

1 pound of chicken, cut into bite size pieces
1 teaspoon of sea salt
Black pepper to taste
2 teaspoons of cumin, divided
1 cup of brown or white rice (see page 66)
4 cups of vegetable stock (see page 64)
3 carrots, sliced into rounds
2 large brown potatoes, small dice (do not remove skin)
1 teaspoon of olive oil
1 red onion, small dice
6 cloves of garlic, minced
1 tomato, medium dice
1 tablespoon of lemon juice
1/3 cup of cilantro leaves, rinsed and roughly chopped

Directions

- ✦ Season chicken with salt, pepper and 1/2 teaspoon of cumin. Place in the refrigerator for 20 minutes.
- ✦ In a large pot, add rice, vegetable stock and carrots. Bring to a boil and add the potatoes. Cover and reduce to a simmer. Cook for about 30 minutes.
- ✦ In a sauté pan, heat olive oil and sauté onion, garlic and tomato with remaining cumin and a pinch of salt until onions are soft.
- ✦ Add onion mixture to pot of rice along with the chicken. Cook for another 20 minutes or until chicken and rice are done, stirring occasionally. You may add more stock for a thinner consistency.
- ✦ Stir in lemon juice and cilantro right before serving.

Did You Know?

Herbs have many health benefits. They add flavor and nutrients with few calories. Cilantro is high in vitamins and minerals, which support strong bones, help regulate energy, improves digestion and soothes inflammation.

