

Chicken Rice

Ecuadorian Style

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Serves: 6-8 people

Yield: 8 cups

Time: 1:45 hours

Ingredients

5 chicken drumsticks, skin removed
6 cups of vegetable stock (see page 64)
3 tablespoons of adobo (see page 54), divided
3 cups of brown or white rice (see page 66)
1 tablespoon of olive oil
1 onion, small dice
1 green bell pepper, seeded, small dice
2 carrots, peeled and sliced in half moons
4 cloves of garlic, minced
1 teaspoon of dried basil
2 cups of tomato sauce (see page 62)
1 cup of green peas
½ cup of toasted walnuts, roughly chopped
Juice from 1 lemon

Directions

- ✦ Bring 6 cups of vegetable stock and 1 tablespoon of adobo to a boil in a medium pot. Add chicken and boil for 2 minutes. Reduce to a simmer and cook for about 20 minutes or until internal temperature is 165° Fahrenheit.
- ✦ Once the chicken is done, reserve the cooking liquid to cook the rice. Add rice to the cooking liquid (about 6 cups). Cook rice until the liquid is absorbed. About 45 minutes for brown rice. About 20 minutes for white rice.
- ✦ Remove the meat from the chicken bones and separate into bite size pieces. Set aside and allow to cool.
- ✦ In a sauté pan, heat olive oil over medium high heat and sauté onions, peppers, carrots and garlic with basil and remaining adobo until soft. Add tomato sauce and cook for another 5 minutes.
- ✦ Add the vegetable tomato mixture to the rice along with the peas, walnuts and chicken. Mix well and cook for 5 minutes.
- ✦ Stir in lemon juice. Serve hot.

Did You Know?

In-season fresh carrots and peas are regularly cheaper and especially delicious. When fresh is not available, frozen vegetables are a good alternative. Canned vegetables are another option but may be high in sodium, so look for low sodium or drain and rinse to remove as much as 50 percent of the sodium.

