

Ben's Original™ One-pot Spanish-style Chicken & Whole Grain RECIPE

# Ben's Original™ One-pot Spanish-style Chicken & Whole Grain



<?xml version="1.0"?>

TIME

30 min

**INGREDIENTS** 

10 items

**MAKES** 

4 servings

This Spanish-inspired chicken and rice dish makes for a simple, hearty meal. SHARE

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### **INGREDIENTS**

- 1 cup Ben's Original™ Whole Grain Brown Rice
- 1/2 tbsp. cooking oil
- 1 lb. chicken thighs, bone-in & skin on
- 2 tsp. paprika, divided

- 1/2 tsp. salt
- 2 cloves garlic
- 1 (14.5 oz.) can diced tomatoes, undrained
- 1 1/2 cup chicken broth, low sodium or water
- 1 cup frozen peas, thawed
- 1 1/2 cup sliced red bell pepper
- Optional garnishes: parsley, lemon wedges

### PRODUCTS USED



BEN'S ORIGINAL™ Whole Grain Brown Rice

#### **SEE DETAILS**

Buy now

### INSTRUCTIONS

1. 1

Combine the salt with 1 teaspoon of the paprika; sprinkle evenly over chicken.

2. 2

Heat 1 tablespoon olive oil in a large cast-iron or heavy skillet with a lid over mediumhigh heat. Add seasoned chicken to the hot pan, skin side down, and brown about 3 minutes.

3. 3

Turn chicken, add garlic and remaining 1 teaspoon paprika to the pan and cook until fragrant, about 30 seconds. Add diced tomatoes, chicken broth and rice. Mix well and arrange chicken on top of rice.

4. 4

Bring to a boil, and then cover and reduce heat to simmer for 20 minutes or until rice is tender and chicken is cooked through.

5. 5

Remove from heat, arrange the peas and red peppers on top of chicken and rice, and then replace the lid and set aside for 5 minutes to lightly steam the vegetables. Garnish with lemon wedges and parsley if desired and serve hot.

## **NUTRITION**

• CALORIES: 390

TOTAL FAT: 10g - 13%SATURATED FAT: 2g - 10%

• TRANS FAT: 0g

• CHOLESTEROL: 105mg - 35%

• SODIUM: 600mg - 26%

• TOTAL CARBOHYDRATES: 47g - 17%

• DIETARY FIBER: 4g - 14%

• TOTAL SUGARS: 5g

• PROTEIN: 29g

## **Categories:**

Chicken, Stovetop, 15-30 Min, Global Inspired, Ready Rice, Brown

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Cooking time

45 min

Ingredients

12 items

SEE DETAILS

### **Arroz Chino**

Cooking time

20 min

Ingredients

11 items

**SEE DETAILS** 

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