

Ben's Original™ One-Pot Spanish Style Chicken & Whole Grain
RECIPE

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TIME 20 min
INGREDIENTS 9 items
MAKES 4 servings

With chicken, beans and flavorful rice, this Spanish-inspired meal is so simple and so hearty at the same time.

INGREDIENTS

- 1 cup Ben's Original™ Instant Brown Rice
- 1 Tablespoon cooking oil
- 1 pound chicken thighs, boneless & skinless
- 2 Teaspoons paprika*
- 1/2 Teaspoon salt
- 2 cloves garlic
- 1 (14.5ounce) can diced tomatoes, undrained

- 1 1/2 cup chicken broth, low sodium or water
- 1 cup frozen peas, thawed
- Optional garnish: sliced red bell pepper, parsley, lemon wedges

INSTRUCTION

1. Combine salt with 1 Teaspoon of the paprika, sprinkle evenly over chicken.
2. Heat 1 Tablespoon olive oil in a large cast iron or heavy skillet with a lid over medium-high heat. Add seasoned chicken to the hot pan and brown 2-3 minutes.
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. Bring to a boil, sprinkle with peas, then cover and reduce heat to simmer for 12-15 minutes, or until rice is tender and chicken is cooked through. Garnish with optional ingredients 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

Source URL: <https://www.bensoriginal.com/rice-recipes/one-pot-spanish-style-chicken-whole-grain>