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

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



TIME	30 min
INGREDIENTS	10 items
MAKES	4 servings

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

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

INSTRUCTIONS

1. Combine the 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, skin side down, and brown about 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, and then cover and reduce heat to simmer for 20 minutes or until rice is tender and chicken is cooked through.
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

MORE RECIPES LIKE THIS



All American Stuffed Peppers

Cooking time

45 min

Ingredients

12 items



Arroz Chino

Cooking time

20 min

Ingredients

11 items

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