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Subject: Southwest Arroz con Pollo From LHJ
To: LHJRECIPE@MEDIA.TEAMNET.NET

SOUTHWEST ARROZ CON POLLO FROM LHJ ONLINE <http://www.lhj.com>
Our adaptation of this classic uses black beans—the staple legume of South America.

Prep time: 20 minutes
Cooking time: 25 minutes
Degree of difficulty: Easy

- 1 tablespoon vegetable oil
- 1 chicken (3 to 3 1/2 lbs.), cut up
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 teaspoons cumin
- 1 cup long-grain rice
- 1 can (14 1/2 oz.) chicken broth plus enough water to equal 2 cups
- 1 can (4 oz.) chopped green chilies, with liquid
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 can (15 or 16 oz.) black beans, drained and rinsed
- 1 can (14 oz.) plum tomatoes, drained and chopped
- 1/3 cup chopped fresh cilantro
- Lime wedges, for garnish

1. Heat oil in large, deep skillet or Dutch oven over medium-high heat. Rinse and pat chicken dry. Add half the chicken to skillet and brown well, 5 minutes per side. Transfer to plate. Repeat with remaining chicken.

2. Add onions to skillet and cook, stirring, until browned. Add garlic, cumin and rice; cook, stirring, 1 minute. Stir in broth and water, green chilies, salt and pepper. Bring to boil. Return chicken to skillet. Cover and simmer over medium heat until rice is tender, 20 minutes. Stir in beans and tomatoes. Cover and simmer 5 minutes more. Stir in cilantro. Serve with lime wedges, if desired. Makes 6 servings.

PER SERVING
Calories 575
Total Fat 29 g
Saturated Fat 7.5 g
Cholesterol 125 mg
Sodium 944 mg
Carbohydrates 39 g
Protein 38 g
Calcium 76 mg
Fiber 4 g

DAILY GOAL
Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)