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# Puerto Rican Rice and Chicken - Arroz con Pollo

From a cooking class I took in the 1960s



## Servings: 4

1. Saute the achiote paste in the oil. Do not burn. Add tomatoes, pepper, garlic and onion. Cook for about 5 minutes until onion is translucent.
2. Add raw chicken pieces (or other meat) and simmer for 3-5 minutes.
3. Add tomato sauce, olive juice, water and rice. Cover pan and cook until rice is just tender. Add green olives; stir them in, cover and let this sit for just 2-3 minutes until olives warm through.

2 tablespoons oil  
1 teaspoon achiote paste  
1 large tomato, chopped  
1/2 green pepper, diced  
2 cloves garlic, finely minced  
1 medium yellow onion, diced  
2 1/2 cups diced chicken, raw, skinless  
4 ounces tomato sauce (canned)  
1 tablespoon juice from green olive jar  
1 cup water  
1 cup rice  
1/2 cup green olives

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*Per Serving (excluding unknown items): 585 Calories; 30g Fat (47.0% calories from fat); 31g Protein; 46g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 457mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**