

## Arroz con Pollo

### Ingredients

- 2 boneless, skinless chicken breasts (or thighs), cut into bite-sized pieces
- 1 cup white rice (rinsed thoroughly to remove excess potassium)
- 2 cups low-sodium chicken broth
- 1 small onion, diced
- 1 small bell pepper (green or red), diced
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 1 tsp turmeric (for color, as a substitute for saffron)
- 1/2 tsp ground black pepper
- 1/4 tsp chili powder (adjust to taste)
- Fresh parsley, chopped (for garnish, optional)



### Preparation

1. In a large skillet or pot, heat the olive oil over medium heat
2. Add the chicken pieces and cook until they start to brown
3. Sauté diced onion, bell pepper, and minced garlic
4. Stir in the rice until it's well-coated with the oil and toasted slightly
5. Pour in the chicken broth and stir in the turmeric (or saffron), black pepper, and chili powder
6. Bring the mixture to a boil, then reduce the heat to low, cover, and let simmer for about 20-25 minutes or until the rice is cooked and has absorbed the liquid
7. Garnish with fresh parsley before serving, if desired