



# Arroz Con Pollo

Arroz Con Pollo (Rice With Chicken) is a classic dish that is enjoyed throughout Spain and Latin America. Each country has its own version, but it remains a family favorite. Try this hearty, flavorful recipe today.

### CACFP CREDITING INFORMATION

1 chicken tenderloin and ½ cup rice (No. 8 scoop) and vegetable mixture provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<ol style="list-style-type: none"> <li>1 Combine brown rice and water in a large stockpot. Stir once. Heat on medium–high heat to a rolling boil.</li> <li>2 Cover and reduce heat to medium. Cook 20–30 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.</li> <li>3 In a small bowl combine seasonings: salt, black pepper, garlic powder, and cumin.</li> </ol>
Water	32 fl oz	1 qt	64 fl oz	2 qt	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Cumin, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2¼ oz per tenderloin)	3 lb 4 oz	25 tenderloins	6 lbs 8 oz	50 tenderloins	<b>4</b> Sprinkle chicken tenderloins with ½ of the seasoning mixture. Reserve the remaining seasoning mixture for step 9.
Nonstick cooking spray		2 sprays		2 sprays	<b>5</b> Line a sheet pan(s) with parchment paper, and lightly coat with nonstick cooking spray. Place chicken tenderloins on sheet pan (12" x 20" x 2½").  For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
					<b>6</b> Roast for 10–15 minutes.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>7</b> While tenderloins cook, spray a medium skillet with nonstick cooking spray. Place skillet over medium–high heat.  For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
*Onion, fresh, peeled, ¼" diced	12½ oz	3 cup 2 Tbsp	1 lb 9 oz	1 qt 2¼ cup	<b>8</b> Add onion and peppers, and sauté for 7–10 minutes, or until vegetables are tender. Stir frequently.
*Green bell pepper, fresh, ¼" diced	12½ oz	3 cup 2 Tbsp	1 lb 9 oz	1 qt 2¼ cup	
*Garlic, fresh, minced		6 cloves OR 1 Tbsp		16 cloves OR 2 Tbsp	<b>9</b> Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture to the vegetables. Cook for 15 more minutes, stirring frequently.
Oregano, leaves, dried		2 Tbsp 2 tsp		⅓ cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomatoes with juice, canned, diced		3 cup 2 Tbsp		1 qt 2¼ cup (⅔ No. 10 can)	
Chicken broth, low-sodium		1 qt		2 qt	<b>10</b> Add chicken broth, and bring to boil.
					<b>11</b> Add cooked rice, stir well, and cover. Cook for 20–25 minutes. Stir occasionally.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>12</b> Serve one chicken tender with ½ cup (No. 8 scoop) rice and vegetable mixture.  Critical Control Point: Hold at 140 °F or higher.



**NUTRITION INFORMATION**

For 1 chicken tenderloin with ½ cup rice (No. 8 scoop) and vegetable mixture.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>166</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	37 mg
<b>Sodium</b>	<b>295 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onion	14½ oz	1 lb 13 oz
Bell pepper	1 lb	2 lbs
Garlic	6 cloves	16 cloves

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

One clove is about ½ teaspoon minced.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
2 lb 6 oz chicken tenderloins and 4 lb 12 oz vegetables and rice	4 lb 11½ oz chicken tenderloins and 9 lb 8 oz vegetables and rice
25 chicken tenderloins and 3 qt ½ cup vegetables and rice	50 chicken tenderloins and 1 gal 2 qt 1 cup vegetables and rice

