

Asopao de Pollo

Oscar · 29/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

6

Description

This traditional Puerto Rican chicken and rice stew is filling and flavorful

Ingredients

- - 2 pounds boneless
- skinless chicken thighs - ½ teaspoon ground black pepper - 2 tablespoons light adobo seasoning (such as Goya ®) - 3 tablespoons olive oil - 1 medium green bell pepper
- diced - 1 medium red bell pepper
- diced - 1 medium onion
- diced - 4 cloves garlic
- minced - 2 tablespoons tomato paste - 1 ½ cups medium-grain rice - 2 (14.5 ounce) cans diced tomatoes - 6 cups low-sodium chicken broth - 1 large bay leaf - ¼ teaspoon red pepper flakes
- or to taste - 1 cup frozen petite peas
- thawed - 1 cup sliced pimento-stuffed green olives - ¼ cup chopped fresh cilantro

Instructions

1. Season chicken thighs with black pepper and adobo seasoning. Heat olive oil in a large pot over medium-high heat. Cook and stir green pepper
2. red pepper
3. onion
4. garlic
5. and tomato paste in the hot oil
6. until the vegetables have softened slightly
7. 3 to 4 minutes. Remove vegetables from the pot and set aside. Pan fry chicken in the pot until browned
8. 4 to 5 minutes on each side. Return cooked vegetables to the pot along with rice
9. diced tomatoes
10. chicken broth
11. bay leaf
12. and red pepper flakes. Bring to a boil
13. then reduce heat to medium-low and simmer until rice is tender and chicken is no longer pink inside
14. about 20 minutes. Stir in peas and olives and cook for another 5 minutes. Remove from heat and discard bay leaf. Stir in cilantro and serve.