

Ben's Original™ One-pot Spanish-style Chicken & Whole Grain
RECIPE

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TIME

30 min

INGREDIENTS

10 items

MAKES

4 servings

This Spanish-inspired chicken and rice dish makes for a simple, hearty meal.

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INGREDIENTS

- 1 cup Ben's Original™ Whole Grain Brown Rice
- 1/2 tbsp. cooking oil
- 1 lb. chicken thighs, bone-in & skin on
- 2 tsp. paprika, divided

- 1/2 tsp. salt
- 2 cloves garlic
- 1 (14.5 oz.) can diced tomatoes, undrained
- 1 1/2 cup chicken broth, low sodium or water
- 1 cup frozen peas, thawed
- 1 1/2 cup sliced red bell pepper
- Optional garnishes: parsley, lemon wedges

PRODUCTS USED



BEN'S ORIGINAL™ Whole Grain Brown Rice

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INSTRUCTIONS

- 1
Combine the salt with 1 teaspoon of the paprika; sprinkle evenly over chicken.
- 2
Heat 1 tablespoon olive oil in a large cast-iron or heavy skillet with a lid over medium-high heat. Add seasoned chicken to the hot pan, skin side down, and brown about 3 minutes.
- 3
Turn chicken, add garlic and remaining 1 teaspoon paprika to the pan and cook until fragrant, about 30 seconds. Add diced tomatoes, chicken broth and rice. Mix well and arrange chicken on top of rice.
- 4
Bring to a boil, and then cover and reduce heat to simmer for 20 minutes or until rice is tender and chicken is cooked through.
- 5
Remove from heat, arrange the peas and red peppers on top of chicken and rice, and then replace the lid and set aside for 5 minutes to lightly steam the vegetables. Garnish with lemon wedges and parsley if desired and serve hot.

NUTRITION

- CALORIES: 390
- TOTAL FAT: 10g - 13%
- SATURATED FAT: 2g - 10%
- TRANS FAT: 0g
- CHOLESTEROL: 105mg - 35%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 47g - 17%
- DIETARY FIBER: 4g - 14%
- TOTAL SUGARS: 5g
- PROTEIN: 29g

Categories:

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Cooking time

45 min

Ingredients

12 items

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[Arroz Chino](#)

Cooking time

20 min

Ingredients

11 items

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