

Vegetarian Arroz con Pollo (PERUVIAN)

Yield: 6 Servings- 1 cup each

Ingredients

- 3/4 cup cilantro leaves
- 1/4 cup spinach leaves
- 1 cups brown rice
- Salt and pepper to taste
- 2 Tbsp vegetable oil
- 1/2 Tbsp garlic, chopped
- 1/4 cup aji amarillo, diced (optional), or serrano pepper
- 1/2 cup onion, diced
- 1 cups low sodium vegetable stock
- 2 Tbsp green peas
- 2 Tbsp carrots, diced
- 1/2 red bell pepper, in slices
- 1/2 cup Peruvian Giant Corn or frozen corn



Preparation

1. Process the cilantro and spinach leaves in a blender with 4 tablespoons water to make a paste. You may add more water if needed. Reserve mixture for later.
2. Heat the oil in a saucepan over high heat, add the onion, garlic and aji amarillo, stirring for 5 minutes over medium heat.
3. Next, add the cilantro and spinach mixture, and fry for 5 minutes.
4. Carefully stir in rice, vegetables, and vegetable stock and bring to a boil.
5. Turn the heat to low, cover, and cook for 20 minutes, undisturbed.
6. Once cooked, remove from heat, stir with a kitchen fork, and serve.

Nutritional Information:

Calories: 194; Total Fat: 5.4g; Total Carbohydrates: 32.0g; Dietary Fiber: 1.6g; Sugar: 2.0g; Protein: 4.2g; Cholesterol: 1.2mg; Sodium: 65.6mg

Adjusted from: <http://perudelights.com>