



Puerto Rican Chicken and Rice

SERVINGS 5-10 **PREP TIME** 15 mins **COOK TIME** 50 mins

INGREDIENTS

- 2 tbsp **La Fe Vegetable Oil**
- 3-4 lbs chicken legs, thighs and or bone in breasts
- 2 tbsp Adobo seasoning
- **La Fe Black Pepper**
- 12 oz **La Fe Sofrito**
- 1 tsp **La Fe Ground Cumin**
- **La Fe Sazon**
- 8 oz **La Fe Tomato Sauce Spanish Style**
- 3 cups **La Fe White Rice**
- 4 1/2 cups chicken stock
- 15.5 oz **La Fe Can Pigeon Peas**, rinsed and drained
- 1 cup **La Fe Salad Olives** drained
- 3 tbsp capers drained

DIRECTIONS

1. If making 10 people serve a preheat oven to 350°F. If making stove top (for 5 person serving), disregard oven instructions.
2. Rinse the chicken pieces under cold water and pat dry with paper towels. Rub both sides with a generous amount of the Adobo seasoning. Rinse the rice under cold water and drain. Set aside.
3. Over medium high heat add the La Fe vegetable oil to a roasting pan, skillet or Dutch oven and quickly brown chicken pieces for about 3 minutes each side. Remove from the pan, season with pepper and set aside.
4. Add the La Fe sofrito and La Fe cumin to the pan for a quick sauté, scraping up the bits from browning the chicken and then add all other ingredients and bring to a boil. Cook for a minute, stirring to blend all.
5. At this point top with chicken pieces, gently pressing down into the La Fe rice mixture. Turn heat to low, cover with foil, then simmer for 20 minutes. Remove foil then simmer for a further 15 minutes.
6. When done, let stand for 5 minutes. Remove chicken and fluff up rice and then place chicken back on top. Serve from pan and top with chopped parsley (optional).