

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Arroz Con Pollo

From www.cookingTF.com

Serves 4-6

2 Tbs coconut oil
Salt, pepper, chili powder, cumin, optional
1 whole chicken, cut up, or any combination of pieces
1 onion, diced
2 carrots, diced
2 celery stalks, diced
1 Anaheim chili, diced, or 1 (4 ounce) can green chilies, undrained
2 cups chicken stock
¼ cup tamari
1 (14 ½-ounce) can diced tomatoes, undrained
¾ cup brown rice

In a Dutch oven, or deep skillet with a lid, heat the coconut oil over medium-high heat. Sprinkle the chicken pieces with the salt and spices and add them to the pot. Brown on all sides then remove them from the pan. Add veggies to the pan and sauté until tender. Stir the remaining ingredients into the pan and bring to a boil. Reduce to a simmer, return the chicken pieces to the pot skin side up, cover and simmer for one hour, or until the chicken juices run clear and the rice is cooked.

Serve with refried beans and broccoli.