

Lisbeth and Grandma Norma's Dominican Chicken and Rice

PREP: 15 MINS (plus 30 MIN cooking time) YIELD: serves 4-6

Chicken Ingredients:

1 Onion, chopped and divided

(half for the chicken, half for the rice)

¼ cup Cilantro, minced

3 Garlic cloves, minced

2 tsp. Salt, to taste (1 tsp. for the chicken, 1 tsp. for the rice)

2 tsp. Vinegar

1 tsp. Oregano

2 Chicken bouillon cubes (or 2 teaspoons

powdered bouillon)

3 cups Water (1 cup for the chicken and 2 cups for the rice)

2 Whole chicken breasts

¼ cup Oil, divided (half for the chicken and

half for the rice)

½ tsp. Sugar

1 9-ounce box frozen Carrots or sweet

potatoes

Rice Ingredients:

1 Cubanelle pepper (or Italian sweet pepper,

Anaheim pepper or red bell pepper)

1 tsp. Paprika

2 Tbsp. Tomato paste

2 cups Long-grain white rice

1 Bay leaf

1 10-ounce box Frozen corn and peas

2 Tbsp. sliced Green or black olives

(optional)

Chicken Instructions:

1. In a blender or food processor, blend together $\frac{1}{2}$ onion, the cilantro, half of the garlic, salt, vinegar, oregano, $\frac{1}{4}$ cup water, and bouillon cube or powder (the cube will dissolve during cooking).
2. Slice the chicken and add to the onion-herb mixture. Marinate for 1-2 hours.
3. Heat the 2 Tbsp. oil in a large skillet and sprinkle in the sugar.
4. Caramelize sugar until golden brown (do not allow the sugar to burn).
5. Stir in the seasoned chicken mixture and heat over medium-high heat.
6. After about 3-4 minutes, add $\frac{3}{4}$ cup water and the chopped carrots (or sweet potatoes). Bring to a simmer, reduce heat to low, and simmer.
7. Stir the corn and peas into the simmering chicken, adding more water, as necessary, and correct for seasoning. Cook for another 10 minutes.
8. Stir the sliced olives into the chicken (if using).

Rice Instructions:

1. In a medium-sized pot, heat the remaining 2 Tbsp. oil and sauté the remaining $\frac{1}{2}$ onion, chopped pepper and paprika until the onion is translucent.
 2. Stir in tomato paste, remaining garlic and salt; cook for about 5 minutes.
 3. Add the remaining 2 cups of water and bring to a boil.
 4. Stir in the rice and the bay leaf and simmer, uncovered, until the water evaporates.
 5. Fluff the rice into a mound shape and cover with a lid. Reduce the heat to low and simmer for another 20 minutes. The rice should be slightly chewy with a crust on the bottom of the pot.
 6. Serve the rice, along with some of the crust, with the chicken.
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