Arroz con Pollo

Serves 4

Ingredients:

4 large bone-in chicken thighs with skin removed and fat trimmed
½ teaspoon apple cider vinegar
1 teaspoon Sazon seasoning (see below)
½ teaspoon garlic powder
½ teaspoon Celtic or Himalayan sea salt
3 teaspoons olive oil
1/3 cup chopped onion
½ cup chopped bell pepper
¼ cup chopped scallions
¼ cup chopped cilantro
2 minced garlic cloves
1-1/4 cups uncooked organic brown rice
¾ cups plus 2 tablespoons chicken or vegetable stock
¾ cup frozen organic non-GMO mixed vegetables
¼ cup canned organic tomato sauce
¼ cup pitted green Spanish olives plus ½ tablespoon brine (our family doesn’t like olives so I omit this)
Cayenne pepper sauce (gluten free, organic) for serving (optional)

Method:

Season the chicken with the vinegar, ½ teaspoon of Sazon, garlic powder, and salt.

Press the sauté button on the Instant Pot. When hot, add 2 teaspoons of oil and let get hot, then add the chicken and cook just until outside is browned, 1 to 2 minutes per side. Transfer to a plate.

To the pot (still on sauté) add remaining teaspoon of oil, onion, bell pepper, scallions, cilantro, and garlic. Cook, stirring, until softened, about two minutes. Add the uncooked rice, stock, frozen mixed vegetables, tomato sauce, olives, olive brine, remaining ½ teaspoon of Sazon and stir well. Return the chicken to the pot.

Seal and cook on high pressure for 27 minutes, until liquid is absorbed, and both chicken and rice are cooked. Use quick or natural release, then open when the pressure subsides.

To serve, place 1 cup rice on each plate, top with one chicken thigh, and split the remaining vegetable mixture between the four plates. If you like spice, top with the hot sauce.

Serve with a side of tomatoes and cucumbers for freshness.

Sazon seasoning

Makes 6 tablespoons

1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon ground annatto seed or turmeric
1 tablespoon garlic powder
1 tablespoon Celtic or Himalayan sea salt
2 teaspoons dried oregano
1 teaspoon freshly ground black pepper

In a small bowl , combine the coriander, cumin, annatto, garlic powder, salt, oregano, and pepper and mix well. The Sazon will keep in an airtight container at room temperature for up to six months.