

# One-Dish Chicken and Rice (Asopao de Pollo)

Recipe created by Della Femina Rothschild Jeary & Partners

This Puerto Rican one-dish chicken and rice stew is rich in flavor.

## Cooking Information

Serves: 8

Total Time: 1 hr 20 min



## Ingredients

- \* 1 tablespoon(s) extra-virgin olive oil
- \* 2 1/4 pound(s) boneless, skinless chicken thighs, trimmed and cut into 2-inch pieces
- \* 4 Anaheim or poblano chili peppers, chopped
- \* 1 small onion, chopped
- \* 1 tablespoon(s) dried oregano, crushed
- \* 1 teaspoon(s) sweet paprika
- \* 1 teaspoon(s) salt
- \* 1/4 teaspoon(s) black pepper
- \* 1 can(s) tomato sauce
- \* 1 tomato, chopped
- \* 1 can(s) pimientos, rinsed
- \* 8 pimiento-stuffed green olives, sliced
- \* 2 tablespoon(s) capers, rinsed
- \* 8 cup(s) water
- \* 2 1/2 cup(s) brown rice
- \* 2/3 cup(s) packed chopped fresh cilantro

## Magnesium per ingredient\*

0 mg  
12 mg/thigh  
40 mg  
11 mg  
12 mg  
4 mg  
0 mg  
1 mg  
41 mg  
20 mg  
18 mg  
2 mg  
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16 mg  
210 mg  
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## Directions

1. Heat oil in a Dutch oven over medium-high heat. Add chicken, chilies, onion, oregano, paprika, salt and black pepper and cook, stirring, until the onions have softened, 3 to 5 minutes.

2. Add tomato sauce, tomato, pimientos, olives, capers and water and bring to a boil. Stir in rice; return to a boil. Reduce heat to a simmer and cook, uncovered, until the sauce is thick, the rice is tender and the chicken is cooked through, 35 to 45 minutes. Stir in cilantro and serve.

3. Note: Anaheim chilies (a.k.a. New Mexico chilies) are 7 to 10 inches long, ripen from green to red and are mildly spicy. Poblano peppers (sometimes called pasilla peppers) are dark green in color, about 6 inches long and can be fiery or relatively mild; there's no way to tell until you taste them. The two can be used interchangeably and are found at most large supermarkets.

**One serving of this recipe contains approximately 50 mg of magnesium\* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**