

### **Costa Rican Arroz con Pollo (Chicken with Rice)**

2 cups of brown rice cooked following directions on package replacing some or all the water with the chicken broth.

1 medium onion, chopped.

2 zucchinis, diced.

3 carrots peeled and shredded.

½ of whole chicken, cooked and shredded.

½ of broth from chicken (about 1 quart)

½ bunch of cilantro.

Salt and pepper to taste

Garlic powder, onion powder, and basil

Prepare the chicken in water at a low simmer to allow it to cook well and stay tender. Cool, debone and shred the chicken. (Use half of the chicken and broth for one meal and save the rest for a second recipe)

Prepare the rice using the chicken broth in place of some or all the water required.

While the rice is cooking chop and prepare the vegetables.

Cut onion and zucchinis into small square pieces. Set aside.

Shred carrots and cut cilantro into small pieces. Set aside

In a wok or a deep frying pan, put some vegetable oil. Then add onion and zucchinis.

Sauté until onion is clear and zucchini is soft.

Add carrots and sauté a few minutes.

Add shredded chicken. Mix and stir fry about a minute

Add cilantro and sauté and mix for a minute.

Add rice. Mix well. Seasoning with garlic powder, salt, onion powder and basil.