

# ARROZ CON POLLO



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- If you don't have homemade chicken broth, swap for store-bought low-sodium chicken broth
- If you want to speed up the process, use low-sodium tomato sauce instead of the plum tomatoes or use an immersion blender to puree your tomatoes
- If you do not like chopping vegetables, use a food processor to make your sofrito by combining them all in the food processor and pulsing until finely chopped
- If you do not have a molcajete, use a blender or an immersion blender to create your tomato puree

### For the sofrito:

- ★ ½ small green bell pepper, stem and seeds removed, finely diced (3 ounces)
- ★ 1 small yellow onion, finely diced (4 ounces)
- ★ 6 cloves garlic, peeled, minced
- ★ ½ bunch cilantro, leaves and tender stems, finely chopped, 1 cup, plus more for serving

### For the seasoning mix:

- ★ ½ teaspoon ground coriander
- ★ ½ teaspoon ground cumin
- ★ ½ teaspoon dried oregano
- ★ ¼ teaspoon garlic powder
- ★ ¼ teaspoon ground turmeric
- ★ Kosher salt and black pepper

### For the arroz con pollo:

- ★ 2 ripe plum tomatoes, cored (5 ounces each)
- ★ 1 tablespoon tomato paste
- ★ 1 tablespoon extra-virgin olive oil
- ★ 4 bone-in, skin-on chicken thighs, trimmed, 5 ounces each, 1¼ pounds
- ★ 1 cup long-grain brown rice
- ★ 1¾ cups low-sodium chicken broth, homemade
- ★ 16 small manzanilla olives with pimento, ¼ cup
- ★ 2 cups frozen cauliflower rice
- ★ Lime wedges, for serving



Download more delicious,  
type 2 diabetes-friendly recipes  
at [MyType2Tips.com](https://MyType2Tips.com)

(CONTINUED ON NEXT PAGE)

(CONTINUED)



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

### DIRECTIONS

Preheat the broiler and place an oven rack on the second level down from the heating element.

Cover ¼ sheet pan with aluminum foil and place tomatoes on the pan. Broil for 1 minute per side or until the skin is blackened in spots. Remove pan from broiler and wrap up the tomatoes in the foil lining the pan to steam and soften for 10 minutes. While tomatoes steam, prep all the sofrito vegetables. Add the tomatoes to a small bowl or molcajete, and mash into a smooth puree, you will have 1 cup. Whisk in the tomato paste until thoroughly combined. Set aside.

In a small bowl, combine coriander, cumin, dried oregano, garlic powder, turmeric, ¼ teaspoon salt, and ¼ teaspoon black pepper. Set aside.

In a small Dutch oven, heat 1 tablespoon olive oil over medium-high heat. Season chicken on both sides with ½ teaspoon salt and black pepper. Add chicken to the pan and cook until golden brown on both sides, about 8 minutes total. Transfer chicken to a plate. Pour off fat from pan, reserving 2 tablespoons for cooking sofrito mixture.

Add the 2 tablespoons of reserved fat back to the pan. When hot, add the sofrito mixture, cook, stirring frequently, until liquid has evaporated and mixture is soft and no longer bright green, about 5 minutes. Adjust heat to prevent scorching, if necessary. Add spice mixture and cook, stirring frequently, until fragrant, 1 minute. Stir in rice to coat the individual grains in the sofrito/spice mix and cook for 1 minute. Add tomato puree and cook until mixture has thickened and the color has darkened, about 4 minutes.

Stir in chicken broth, place chicken thighs on top of the rice, along with any accumulated juices to the pot and bring to a boil. Cover and reduce heat to low. Cook for 45 minutes. Uncover pot, remove chicken to a plate to cool, and stir in cauliflower rice and olives. Cover and cook until rice and cauliflower are tender, 10 minutes. Once the chicken thighs are cool, pull off and discard skin. Shred the meat into large pieces with your hands and discard the bones. After 10 minutes, uncover the pot, add the chicken on top of the rice, and cover once more for 10 minutes. Fluff the rice mix with a fork and combine the chicken into the rice. Divide arroz con pollo among 4 dishes and serve with cilantro and lime wedges.

### Serving Size and Nutritional Information:

**Serves 4** (Serving Size = 455 g)

**320** Calories Per Serving, **12 g** Total Fat,  
**22 g** Total Carbohydrates, **34 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Download more delicious,  
type 2 diabetes-friendly recipes  
at [MyType2Tips.com](https://MyType2Tips.com)



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.

© 2026 Novo Nordisk Printed in the U.S.A. US26OZM00138 April 2026