

Arroz con Pollo

Recipe by Ingrid Hoffmann

PREP TIME: 15 MINUTES

SERVES 4-6



Ingredients

1 (3 to 4-pound) chicken, cut in 8 serving pieces, rinsed and patted dry
1 medium yellow onion, quartered, plus 1/2 yellow onion, thinly sliced
4 cups homemade or canned low-sodium chicken broth
1 cup light beer, such as lager
3 tablespoons Delicioso adobo
3 tablespoons Worcestershire sauce
1 cup chopped fresh cilantro leaves
6 garlic cloves, coarsely chopped
3 cups white rice

1 cup fresh or frozen peas
2 medium carrots, finely diced
8 ounces green beans, trimmed and quartered
1 cup ketchup
1 teaspoon salt
3 tablespoons unsalted butter
1/2 red bell pepper, cored, seeded, ribbed and thinly sliced
1/2 green bell pepper, cored, seeded, ribbed and thinly sliced
1 cup pimento stuffed olives

Directions

01

Place the chicken, quartered onions, 1 cup of chicken broth, the beer, adobo, Worcestershire sauce, half of the cilantro, and the garlic in a large pot or skillet over high heat. Bring to a boil, reduce the heat to medium-low, cover, and simmer until the chicken is cooked through, 30 to 35 minutes. Remove the chicken to a plate and set aside to cool; once it is cool, remove the meat from the bones, shred it, and set aside. Strain the broth into a bowl through a fine-mesh sieve, discarding the onion pieces.

02

Pour the broth into a measuring cup and add enough of the remaining 3 cups of chicken broth to equal 4 cups. Return it to the pot or skillet and add the rice, peas, carrots, green beans, ketchup, and salt. Stir well and bring to a boil. Let the liquid evaporate to just below the level of the rice, about 10 minutes, and then reduce the heat to low, cover, and cook until the rice is tender and fully cooked, 25 minutes.

03

Meanwhile, melt the butter in a large skillet over medium heat. Add the bell peppers and the sliced onions and cook until they're tender, about 8 minutes. Add the shredded chicken to the vegetables. Cook until it is heated through, 2 to 3 minutes. Fluff the rice with a fork and add the chicken and vegetables to the rice mixture. Stir in the olives, sprinkle with the remaining cilantro and serve.

Enjoy!



Summer Tomato Pie

Recipe by Whitney Otawka

PREP TIME: 1 HOUR

SERVES 6-8



Ingredients

PIE DOUGH

1½ cups all-purpose flour
¾ teaspoon sugar
¾ teaspoon kosher salt
1½ sticks butter, diced and very cold
4½ tablespoons of very cold water

PIE FILLING

2 heirloom tomatoes, medium sized
¼ cup olive oil
1½ teaspoons kosher salt
1½ cups sharp cheddar, shredded
4 egg yolks
6 eggs
½ cup heavy cream
¼ cup parmesan, grated
1 teaspoon parsley

Directions

PIE DOUGH

In a mixing bowl, combine the flour, sugar and salt. Mix together to incorporate. Add in the butter and use your fingers to mix the butter into the flour mixture until it feels coarse and pebbly. Add in the water and mix until all ingredients just become incorporated. Roll the dough into a ball shape and lightly flatten. Wrap with plastic wrap and refrigerate for at least two hours.

Preheat oven to 350 degrees. On a floured work surface roll out dough into a circle until it is uniformly around 1/8 inch thick. Line the pie pan with dough and trim away the excess. Place into freezer for at least 15 minutes before blind baking. After the 15 minutes remove the pie and line with a circle of parchment paper that is 12 inches in diameter. Fill with whatever weights you can use, such as beans or rice. Bake the pie crust for about 20 minutes. You want the edges of the pie to be a light golden brown when you remove it from oven. Remove the parchment paper and weights. Place pie shell back in the oven for 3 minutes. The pie shell is ready to filled and baked at this point.

PIE FILLING

Preheat the oven to 375 F. Slice the heirloom tomatoes to around ¼ inch thick. Lightly oil a sheet pan with olive oil. Lay tomato slices on oiled pan in a single layer. Use a ½ teaspoon of salt to season the tomatoes. Roast for 20 minutes. Set aside. Reduce oven temperature to 350 F. In a bowl whisk together egg yolks, eggs, heavy cream, and 1 teaspoon salt. Whisk well, until slightly frothy.

To assemble pie, layer 1 cup of shredded white cheddar into the pie shell. Add in a single layer of roasted heirloom tomatoes, around half of the tomatoes. Next add remaining ½ cup of shredded white cheddar. Top with remaining roasted tomatoes. Pour egg and cream mixture over the tomato and cheese filling. Top with parmesan and parsley. Bake for 45-55 minutes. The pie filling should be set and the top golden brown. Allow to sit for 10 minutes.

Enjoy!



Crock-Pot Chicken Enchilada Stew

Recipe by Laurie Watkins

PREP TIME: 10 MINUTES

SERVES 4-6



Ingredients

2 lbs chicken breasts
1 chopped green bell pepper
1 (4 oz) can chopped jalapenos
1 (4 oz) can chopped green chiles
1 chopped yellow onion
1 tbsp coconut oil
1 (14 oz) can diced tomatoes
1 (7 oz) can tomato sauce

3 minced garlic cloves
1 tbsp cumin
1 ½ tbsp chili powder
2 ½ tsp dried oregano
Salt and pepper, to taste
Bundle of cilantro, to garnish
Avocado, place on top with cilantro garnish

Instructions

Start with a medium to large size Crock-Pot, add your chicken breasts. Then add the rest of the ingredients on top of the chicken, in any order. Turn the knob of your Crock-Pot to the low setting for 8 to 10 hours or the high setting for 6 to 8 hours. After the chicken is done cooking and has marinated in the ingredients and its own juices, use tongs or two forks to pick at the chicken and shred it while mixing in with all of the ingredients, creating a delicious stew. Dish yourself a few scoops of chicken (including the juice in the pot) in a bowl. Top with cilantro and some avocado slices.

Enjoy!

