

Colombian Chicken & Rice

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by the English Language Program of the International Institute of Minnesota

A wonderful, delicious dish because of its nice flavors and many vegetables. This is a popular dish in South America for families to make in their homes. It is a comfort food, and for my family and me, the main ingredient is love.

Ingredients

- 1 pound of rice
- 4 cups of water
- 2 chicken sausages, sliced
- 3 chicken breasts
- 1 bunch celery, diced
- 3 scallions, diced
- 1/2 green pepper, diced
- 1 red pepper, diced
- 1/4 head of cabbage, shredded
- 1/2 medium onion, diced
- 3 cloves garlic, minced
- 1/2 bunch cilantro, minced
- 3 Tablespoons oil
- 1 teaspoon mayonnaise
- 1 teaspoon ketchup
- 1 teaspoon capers
- 3 tomatoes, sliced



Directions

1. In a large bowl, rinse the rice with water until the water runs clear.
2. In a large pot, place the chicken breasts, cilantro, garlic, scallions and 1 teaspoon salt. Cover with water.
3. Boil for 15 minutes until the chicken is cooked through.
4. Remove the chicken and reserve 4 cups of the broth.
5. To the broth, add 2 tablespoons olive oil, 1 teaspoon salt, cabbage and rice. Cover and cook on medium heat for 15 minutes.
6. In another saute pan, heat 1 tablespoon olive oil. Add celery, carrots, green pepper, red pepper, onion, garlic, scallions and sausages.
7. While the sausages and rice are cooking, shred the chicken.
8. When the rice is finished, add in the shredded chicken, sausages and vegetables.
9. Mix in ketchup, mayonnaise and capers.
10. Serve with sliced, raw tomatoes.



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