

Meal Kit List

Week 2: Arroz Con Pollo

Fruit:

- no fruits this week

Vegetables:

- 1 bell pepper \$2.49 each
- 1 white onion \$1.47 each
- frozen sweet peas \$0.99 per bag

Protein:

- 2 pounds chicken breast \$1.99 per pound

Dairy:

- no dairy this week

Grains:

- dry rice \$0.99 per bag per 16 ounce bag

Herbs & Spices:

- low sodium chicken broth \$1.99 per 48 ounces
- garlic \$0.51 per head
- Goya Sazon \$1.49 per 8 pkts

Grocery cost: \$12.92

Recipe cost: \$10.00

Cost per meal: \$1.70

*prices found at your local Wegmans store


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Arroz Con Pollo

Week 2 recipe by:



BALANCEDBODY



Directions:

1. In large stockpot over medium heat, using cooking spray, saute onion, green pepper and garlic until softened.
2. Season chicken with garlic powder, oregano, and turmeric.
3. Add diced chicken breast to stockpot and cook 3-4 minutes.
4. Add Goya Sazon packets and rice. Saute until well mixed.
5. Add chicken broth and bring to a boil.
6. Cover and reduce heat to simmer for 15-18 minutes. Add in cooked green peas.
7. Remove from heat, cool and enjoy!

Ingredients:

- 1 cup onion, chopped
- 1/2 cup green bell pepper, chopped
- 3/4 Tbsp. garlic, minced
- 2 pounds chicken breast, diced
- 2 cups low sodium, chicken broth
- 1 cup dry rice
- 1 Goya Sazon packets
- 1/2 cup frozen sweet peas
- 1 tsp. pepper,
- 1 Tbsp. garlic powder, 1 tsp. oregano, 1/2 tsp. tumeric.

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