

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


Healthy Options

at Home

COOKING FOR SUCCESS

Grocery cost: \$12.92

Recipe cost: \$10.00

Cost per meal: \$1.70

*prices found at your local Wegmans store

Arroz Con Pollo

Week 2 recipe by:



BALANCEDBODY

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 packet
- 1/2 cup frozen sweet peas
- 1 tsp. pepper,
- 1 Tbsp. garlic powder, 1 tsp. oregano, 1/2 tsp. turmeric.



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!

Nutrition Facts

6 servings per container

Serving size 1 Cup

Amount per serving

Calories 350

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 450mg 20%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 40g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 6%

Potassium 753mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.