

Chicken & Rice Veracruz

A hearty & easy stovetop, one pot meal

- 8 bone-in chicken drumsticks
 - 2 teaspoons olive oil
 - 1 green bell pepper, diced
 - 1 large onion, chopped
 - 4 cloves garlic, minced
 - 2 cups orange juice
 - 1 teaspoon chili powder, or less if too spicy
 - 1 teaspoon cumin seed powder
 - some salt
 - some black pepper
 - 2/3 cup white rice, medium grain
 - handful of green olives, sliced
1. heat oil in cast iron pan.
 2. add green peppers & onions. cook until they brown.
 3. mix in garlic, then orange juice, chili powder, cumin, salt, red pepper.
 4. mix in rice, top with chicken.
 5. bring to simmer, reduce heat to low.
 6. cover pan and cook for 45 minutes, until rice is done, liquid is absorbed.
 7. garnish with olives & serve.

Serves 4

Meenal, June 2023, based on Chicken & Rice Veracruz, page 163, from Healthy Cooking for Two by Frances Price.