

# Brown Rice Arrozcaldo

**Makes**  
8 servings

**Prep time**  
20 minutes

**Cook time**  
20 minutes

**Good source of**  
Protein  
Fiber

## Ingredients:

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 1 2-inch piece fresh ginger, peeled, sliced
- 2 boneless, skinless chicken breasts, cut into small cubes
- 1 Tbsp. fish sauce
- 5 cups low-sodium chicken broth
- 2 cups cooked brown rice
- 1 cup leafy greens, chopped (e.g. kang kong, pechay, pumpkin tips, etc.)
- 1 ¼ cups long beans, sliced thinly
- ¾ cup carrots, chopped
- ¼ cup celery, chopped
- Salt and black pepper, to taste
- Garlic chips (optional)
- Kalamansi slices (optional)

## Nutrition Facts

8 servings per container  
Serving size 1 cup (365g)

Amount per serving  
**Calories** **230**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 370mg 16%

Total Carbohydrate 33g 12%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 294mg 6%

\*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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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## Directions:

1. Heat olive oil in a large pot over medium heat. Sauté onions, garlic, and ginger until fragrant, about 2 minutes.
2. Add chicken and cook until brown, about 5-7 minutes.
3. Stir in fish sauce, chicken broth, and cooked brown rice, and bring to a boil.
4. Once boiling, add remaining vegetables and salt and black pepper to taste. Reduce heat and let simmer uncovered for an additional 10 minutes, stirring occasionally.
5. Remove from heat and serve hot. Garnish with optional garlic chips and kalamansi slices.

