

## Comforting Chicken and Rice

*Getting through all this sub-zero weather means eating lots of comfort food. And to me, chicken and rice is the quintessential warmer-upper. These two recipes are a nice diversion from the standard chicken stew. If you've never tried making oriental, Mexican, or Indian food, now's your chance. These meals are super easy to make, plus their flavor profiles are not too over-the-top. And your kitchen will smell amazing!*

### Orange Glazed Chicken with Buttery Rice

*This is so yummy with an oriental flair, quick and easy, and the kids will gobble it up. Serves 4 so double it for a crowd.*

#### **First, prepare the rice:**

2 Tbs butter  
1 cup basmati or jasmine rice  
2 cups water  
¼ tsp salt

#### **Directions**

Melt the butter in a medium size saucepan over medium heat. Stir the rice into the butter and cook until all the rice granules are milk-white.

Pour in the water. Add salt and bring to a full boil, cooking until the water boils down and is no longer visible, and pockets or holes appear in the rice when the water is gone.

Turn off the heat, cover the pot with a lid, and let the rice sit for 20 minutes. Fluff, eat, and enjoy.

#### **While the rice is sitting, prepare the chicken and broccoli:**

1 cup orange juice, plus the zest of one orange, divided  
1 Tbs grated fresh ginger or 2 tsp ground ginger  
4 tsp soy sauce  
1½ Tbs dry sherry  
4 tsp maple syrup or honey  
½ tsp ground coriander  
2 garlic cloves, crushed or 1 tsp garlic powder  
2 Tbs lite olive oil  
1 lb boneless, skinless chicken thighs (or breasts if you prefer)  
4 cups broccoli florets  
1 lime  
Salt

#### **Directions**

Put the orange juice in a bowl. Add the orange zest, ginger, soy sauce, sherry, maple syrup or honey, coriander, and garlic. Mix together and set aside.

Cut the chicken into 2-inch pieces and pat them dry with a paper towel. Salt lightly.

Place the oil in a large skillet and heat over medium-high heat. Add the chicken in a single layer and cook until golden, about 5 minutes. Flip and cook until the other side is golden.

Pour the orange juice mixture into the pan and let simmer for 10 minutes, or until it has reduced into a thick glaze.

While the orange juice mixture is simmering, fill a large saucepan with 1 inch of water. Put the broccoli in a steamer basket, and bring the water to a boil. Cover the pan with a tight fitting lid, and simmer 5 minutes.

When the sauce has thickened, turn the chicken and spoon the sauce over it. Squeeze lime juice over the top. Serve with buttery rice and steamed broccoli florets.

## **Creamy Chicken Curry**

*This rich-tasting dish showcases traditional Indian spices without covering up the complexity of the other ingredients. You can buy tomato paste in a tube now—so convenient when small quantities are called for, and it is essential in this recipe. So is the turmeric, which is praised for its antioxidant and healing qualities.*

### **Ingredients**

2 Tbs lite olive oil  
2 fresh garlic cloves, minced  
1 large yellow onion, finely chopped  
4 tsp curry powder, divided  
2 tsp ground cumin  
1/4 teaspoon crushed red pepper flakes (optional)  
1 tsp ground turmeric  
1 lb boneless chicken breasts, cut into 1-inch pieces  
1½ tsp tomato paste  
1 can coconut milk  
½ cup golden raisins  
2 tsp coarse salt (or 1 tsp plain salt)  
1 cup hot water (optional)

### **Directions**

In a wok or heavy cast iron skillet, heat oil over medium-high heat. Saute onions for 6-8 minutes or until transparent. Add garlic and cook for 1-2 more minutes.

Stir in cumin, turmeric, 2 tsp of the curry powder, red pepper flakes, and half the salt. Cook stirring constantly for 1 minute till fragrant. Take care not to burn. Add tomato paste. Mix to combine.

Season chicken pieces with remaining curry powder, salt, and pepper. Add to pan, and cook for about 5-6 minutes until outside is golden brown.

Open the coconut milk. Pour into a bowl and use a rubber spatula to scrape all the contents from the can. Mix well to blend before pouring coconut milk into the pan. Simmer, uncovered, stirring occasionally for 7 minutes or until the chicken is cooked through. If sauce has cooked down, add hot water as needed.

Serve hot with white rice. Pass the lime wedges.

## **Cheesy Chicken and Yellow Rice**

*This is so easy. All you need is a package of Goya's flavor-packed yellow rice (in the ethnic aisle of your grocery store), a few veggies, and chicken for a truly delicious and tummy-filling dish in only 30 minutes. And because it's one dish, you save dishwashing, too!*

### **Ingredients**

1 8-oz package of Goya Yellow Rice mix  
2 medium tomatoes, cored, seeded, and finely chopped  
2 Tbs extra virgin olive oil, divided  
1 lb boneless, skinless chicken breast cut in  $\frac{3}{4}$  inch pieces  
Goya Adobo All-Purpose Seasoning, to taste, or alternative\*  
 $\frac{1}{2}$  tsp salt  
1 medium green bell pepper, seeded and chopped  
 $\frac{1}{2}$  medium yellow onion, chopped  
 $\frac{1}{2}$  cup shredded Cheddar or Monterey Jack cheese

### **Directions**

Bring 2 cups of water to a boil over medium heat. Add contents of yellow rice package, tomatoes, and 1 Tbs of the olive oil. Return to a boil, stir well, then reduce heat to low. Cook covered until water is absorbed and rice is tender.

Heat remaining oil in a medium skillet over medium-high heat. Season chicken with salt, and fry, stirring often, till golden brown, about 5-6 minutes. Add adobo seasoning and cook for a minute or two. Add peppers and onions to skillet and cook, stirring, till veggies are soft and chicken is cooked through, about 10 minutes more. Remove from heat. Stir in cooked rice and mix till well combined. Mix in cheese, stirring till melted. Keep warm till serving.

\* You can substitute the Goya Adobe Seasoning by adding 1 Tbs white vinegar,  $\frac{1}{2}$  tsp. black pepper, 1 tsp sugar, and  $\frac{1}{2}$  tsp table salt.

## **Chicken and Brown Rice Soup**

*Everyone knows brown rice is much better for you than white. But the longer cooking time can be a stumbling block for many cooks. This satisfying soup combines the savory taste of chicken, black beans, sage, and veggies that marry beautifully with the brown rice, and the hands-off, quick prep makes brown rice a smart addition to your diet.*

### **Ingredients**

5 cups chicken stock or broth  
2 skinless, boneless chicken breast halves  
1 cup diced celery  
1 cup diced onion

¼ cup diced carrots  
¼ cup frozen corn  
¼ cup drained and rinsed black beans  
1 tsp dried sage  
1 tsp black pepper  
1 tsp salt  
1 bay leaf  
¾ cup brown rice

**Directions**

Bring chicken broth to a boil in a large pot. Cook chicken breasts in the broth until no longer pink, about 20 minutes. Remove chicken using a slotted spoon and shred with a fork.

Stir shredded chicken, celery, onions, carrots, corn, black beans, sage, pepper, salt, and bay leaf into the broth and cook till vegetables are slightly softened, about 20 minutes. Add brown rice and simmer till rice is tender, about 1 hour.

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