

# Recipe for February Paella Criolla



## PAELLA CRIOLLA

428 calories • 37.7g carbs • 30.0g protein • 17.1g fat • 86mg chol • 471mg sodium • 2.8g fiber • 36mg calcium

### INGREDIENTS

- 3 Tbsp olive oil
- 1 cup boneless, skinless chicken thighs, precooked, diced
- 1 cup pork loin, precooked, diced
- ½ cup green peppers, ½ in. diced
- ½ cup red peppers, ½ in. diced
- ½ cup red onion, ½ in. diced
- 1 Tbsp fresh garlic, minced
- 6 cups brown rice, cooked (rice cooked with turmeric)
- 1 cup sofrito (jarred)
- 1 cup shrimp, peeled, deveined and cooked
- ½ cup frozen peas

### PROCEDURE

1. In a large sauté pan, heat up olive oil. Add chicken and pork. Sauté for ~5 min.
2. Add peppers, onions and garlic. Continue to cook for a couple more min.
3. Add cooked rice, sofrito and shrimp. Mix well with rest of the ingredients and continue cooking on low heat for 5 min. Add peas.
4. Serve in a cast iron pan if possible.

**RECIPE SERVES EIGHT**

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