

Brown Rice Chalakilis

Makes
20 servings

Prep time
15 minutes

Cook time
20 minutes

Good source of
Protein
Fiber

Low in
Fat
Sodium

Ingredients:

- 2 cups uncooked brown rice
- 1 cup achote seeds, or 1-2 pkgs. achote powder
- 8 cups water
- 1 Tbsp olive oil
- 1 medium onion, diced
- 2 cups chicken breast, cubed
- 3 cloves garlic, minced
- 2 cups cauliflower or celery, diced (or vegetable of choice)
- 1 bell pepper, diced
- 1 can lite coconut milk

Nutrition Facts

20 servings per container
Serving size 1 cup (188g)

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 25mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 192mg	4%

*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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Prepare Brown Rice:

1. Toast brown rice:
 - A. Oven: Preheat oven to 350°F. Place rice evenly on a baking sheet, and bake until golden brown, about 6-8 mins.
 - B. Stove: Heat skillet on medium heat. Place rice evenly in skillet and stir occasionally until golden brown, about 6-8 mins.
2. Allow rice to cool. Grind rice in a blender or grinder and set aside.
3. Make achote water: Add achote seeds or powder to water. Mix vigorously. If using seeds, remove seeds after color has dissolved through. Use caution, as achote will stain fingers and clothing.

Cooking Directions

1. Add olive oil to large pot over medium heat. Sauté onions, garlic, chicken, cauliflower and bell pepper until tender, about 5 minutes.
2. Add achote water and bring to a boil for 1 minute. Reduce to a simmer.
3. Slowly stir-in ground rice. Continue stirring until rice is cooked and soup has a porridge-like consistency.
4. Add coconut milk. Stir well then turn off the heat.
5. Add black pepper and/or salt to taste (optional). Add more water to achieve preferred consistency.
6. Serve warm.

