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INGREDIENTS:

For the fajitas:

- 1 lb of chicken breast
- ½ tsp of black pepper
- ½ tsp of ground cumin
- ½ tsp of chili powder
- ½ tsp of paprika
- ½ tsp of garlic powder
- 3 garlic cloves, minced
- 2 tbsp of olive oil
- 1 red pepper, cut into thin strips
- 1 onion, cut into thin strips
- 1 lime, juiced

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Fajitas con arroz guisado
(fajitas with stewed rice)

Directions

For the fajitas

1. Season the chicken with black pepper, cumin, chili powder, paprika, garlic powder, and garlic.

2. Heat the olive oil in a large skillet over medium heat. Add the chicken and cook for 7-8 minutes on each side.

3. Remove the chicken from the pan and slice it into strips.

4. Sauté the red pepper and onion in the same skillet until caramelized.

5. Add the chicken back into the skillet and combine with the veggies. Pour lime juice on top and stir.

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For the arroz guisado:

- 3 tbsp of vegetable oil or olive oil
- ½ onion, chopped
- ½ cup of green pepper, diced
- 1 garlic clove, minced
- 2 cups of water
- 1 cup of brown rice
- ½ tsp of garlic powder
- ½ tsp of chili powder
- ½ tsp of ground cumin
- ¼ cup of low-sodium tomato purée

For the arroz guisado

1. Heat the oil in a skillet over medium-low heat. Add the onion, green pepper, and garlic. Sauté until tender.
2. Add the water, rice, spices (garlic powder, chili powder, and ground cumin), and tomato purée.
3. Bring to a boil, then reduce to low heat. Cover and simmer until all liquid is absorbed.
4. Serve the fajitas over the arroz guisado. Pair with a side salad, if desired.

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