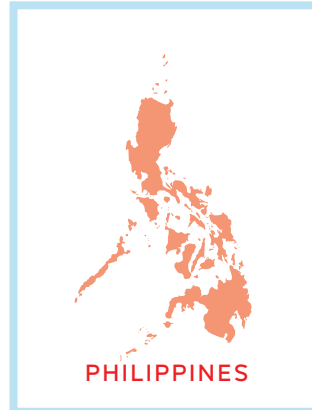


# CHICKEN ARROZ CALDO

**Prep time:** 15 minutes

**Cook time:** 6 to 7 hours on low, 3 to 4 hours on high

**Serves** 6



One day when I was comparing rice porridge notes with my friends, Arroz Caldo came up and I was intrigued. This Filipino version of rice porridge uses rice that is sautéed beforehand, and the shining ingredients are fish sauce, ginger, and lemon. If you don't have time to prepare all the garnishes, whatever you do, don't leave the lemon out. A squeeze of lemon brightens up this dish and brings a fresh and tangy contrast to the hearty rice and chicken.

1 to 1½ pounds boneless, skinless chicken thighs  
 1 tablespoon extra-virgin olive oil  
 1 small onion, diced  
 3 garlic cloves, minced  
 2-inch piece fresh ginger, peeled and thinly sliced  
 1 cup short-grain rice, rinsed and drained  
 4 cups chicken broth  
 1½ tablespoons fish sauce  
 3 cups water  
 Salt  
 2 scallions, both white and green parts thinly sliced, for garnish  
 Fried garlic, for garnish  
 Lemon wedges, for serving  
 Hardboiled eggs, halved, for serving

1. In the slow cooker, arrange the chicken thighs.
2. In a medium pan, heat the olive oil over medium-high heat and add the onion, garlic, and ginger. Cook until the onion is softened, about 3 minutes.
3. Add the rice and cook until it becomes translucent, 3 to 4 more minutes.
4. Turn off the heat and transfer the rice mixture to the slow cooker. Add the broth, fish sauce, and water.
5. Cover and cook on low for 6 to 7 hours, or on high for 3 to 4 hours.
6. Using two forks, break the chicken into bite-size pieces and stir. Add hot water to your desired consistency, season with salt, and stir to combine.
7. Ladle into bowls and serve topped with scallions, fried garlic, lemon, and 1 or 2 hardboiled egg halves.

**INGREDIENT TIP:** If you like more fish sauce, add ½ teaspoon at a time at the end of cooking to taste.

**Per Serving:** Calories: 304; Total fat: 8g; Protein: 28g; Carbs: 29g; Fiber: 1g; Sugar: 1g; Sodium: 984mg