CHICKEN WITH PASTA RICE (ORZO) AND PEPPERS IN THE OVEN

A traditional Greek dish with great taste, usually made in a clay utensil, but also made in a baking pan or in a simple baking sheet covered with aluminum foil, however it is a recipe that everyone likes.

INGREDIENTS

- 2 fillets of chicken breast cut into pieces
- 1 onion finely chopped
- 1 clove of chopped garlic
- 1 can tomato juice
- Three colored peppers (green, red, yellow)
- 500 g medium pasta rice (orzo)
- 1 glass of white wine
- olive oil
- salt, pepper, sugar
- 1 stick of cinnamon

IN A SAUCEPAN, ADD SOME OLIVE OIL AND WAIT FOR IT TO BURN. THEN SAUTÉ (FRY) THE ONION AND GARLIC FOR 1 MINUTE



THE NEXT STEP IS TO ADD THE CHICKEN AND FRY IT FOR 3 TO 4 MINUTES



POUR IN THE WINE AND WAIT UNTIL IT EVAPORATES AND THERE IS ONLY THE OIL IN THE SAUCEPAN



POUR THE TOMATO JUICE AND 3 CUPS OF HOT WATER



ADD SALT, PEPPER, THE CINNAMON STICK AND 1 TEASPOON OF SUGAR. LET THEM BOIL OVER LOW HEAT FOR 20 MINUTES.



CUT THE PEPPERS AND PUT THEM IN A NON-STICK PAN. SAUTÉ THEM WITH SOME OLIVE OIL OVER LOW HEAT FOR 3 TO 4 MINUTES.



IN A PAN, PUT 3 TABLESPOONS OF OLIVE OIL AND ADD THE ORZO (PASTA RICE), SAUTÉ IT FOR 2 MINUTES OVER LOW HEAT



PUT THE PASTA RICE WITH THE PEPPERS INTO A BAKING DISH



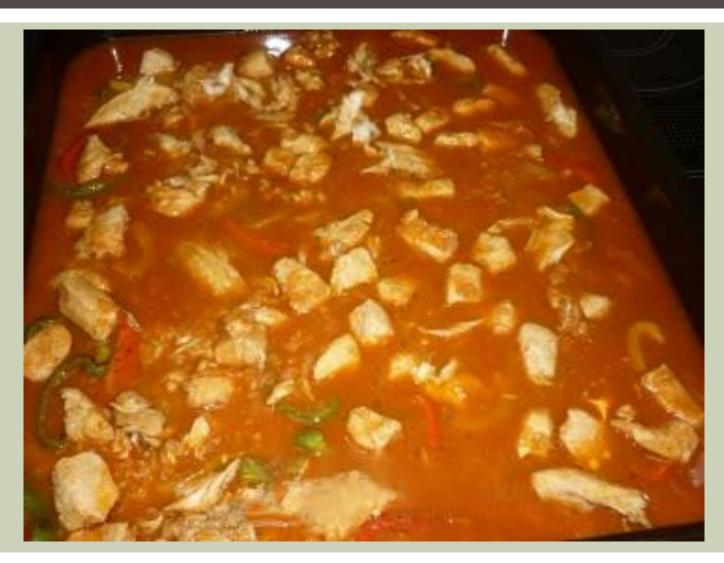
WITH A SPOON, PUT THE CHICKEN PIECES ALL OVER THE PASTA



ADD 6 CUPS OF TOMATO BROTH TO THE BAKING PAN



COVER THE PAN WITH ALUMINUM FOIL AND PLACE IN THE OVEN AT 180 DEGREES FOR 30 MINUTES.



IT WILL BE READY ONCE IT HAS ABSORBED ALL THE BROTH



SERVE IT HOT, IF YOU WANT SPRINKLE SOME GRATED CHEESE ON IT. GOOD LUCK!!!

