

Saint Paul Public Schools'

Chicken Suqaar & Vegetable Rice

Nutrition Services partnered with representatives from the Somali community to develop this recipe. We recently served it at a Somali Parent Advisory Council meeting and it received rave reviews. Now you can try it at home!

YIELD

Eight servings:

- 1 cup Chicken Suqaar
- ¾ cup Vegetable Rice

VEGETABLE RICE INGREDIENTS

- 1 cup chopped cilantro
- 2 cups canned or cooked sliced carrots
- 1 cup onion
- 1 tablespoon minced garlic
- 4 cups water
- 1/4 cup oil
- 2 cups Basmati or long grain rice
- 2 teaspoon chicken base or bouillon
- 1 teaspoon salt



VEGETABLE RICE DIRECTIONS

- Puree cilantro, carrots, onion, garlic, and 1 cup water until smooth
- Heat oil in pan; add rice, chicken base, and salt and cook until lightly brown
- Add pureed vegetables and 3 cups water
- Cook over medium heat for 10 minutes
- Cover and reduce heat to low; simmer until water is absorbed and rice is tender

NUTRITIONAL INFORMATION PER 1 SERVING

CALORIES 283
TOTAL FAT 11 g
CARBS 26 g
SODIUM 534 mg
CHOLESTEROL 48 mg
FIBER 2 g

CHICEN SUQAAR INGREDIENTS

- 1/4 cup chopped cilantro
- 3/4 cup chopped onion
- 1 cup frozen or fresh sliced carrots
- 1 cup chopped green pepper
- 1 teaspoon chicken base
- 1 teaspoon minced garlic
- 2 tablespoons oil
- 4 cups diced cooked chicken

CHICKEN SUQAAR DIRECTIONS

- Sauté cilantro, onion, carrots, green pepper, chicken base, and garlic in oil until tender
- Add chicken and mix well
- Serve over Vegetable Rice



real choices
Eating healthy never tasted so good.