



Quality • Commitment • Service

OPERATOR'S **MANUAL**

3 HP/11-GALLON

AT 01205-11 AIR COMPRESSOR



IMPORTANT: READ THIS OPERATOR'S MANUAL BEFORE USING

Manufactured in China

©2004 Alton Industries Group, Ltd. — All Rights Reserved

Alton Compressor Manual

**United States. Superintendent of
Documents**



Alton Compressor Manual:

International mining and metallurgical manual ,1928 NOAA Diving Manual United States. National Oceanic and Atmospheric Administration. Office of Undersea Research,1991 *The U. S. Coal Industry, 1970-1990* ,1994 Provides a comprehensive overview of the U S coal industry over 20 years with emphasis on the major changes that occurred their causes and their effects Presents and analyzes data in terms of trends in production consumption distribution and prices Profitability of major energy companies coal operations is also tracked Over 100 charts tables graphs and photos **Manual of Electrical Undertakings** ,1927 **Moody's Manual of Investments, American and Foreign** ,1929 Moody's Manual of Investments John Sherman Porter,1929 American government securities 1928 53 in 5 annual vols v 1 Railroad securities 1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities 1928 54 v 5 Banks insurance companies investment trusts real estate finance and credit companies 1928 54 **Norton Commando Restoration Manual** Norman White,2020-11-23 The Norton Commando is a motorcycle with an ohv pre unit parallel twin engine produced by the Norton Motorcycle Company from 1967 until 1977 With over 700 colour photographs this book provides step by step guides to restoring every component of this classic bike Topics covered include how to find a worthy restoration project setting up a workshop with key tools and equipment dismantling the motorcycle to restore the chassis engine cradle and swing arm restoring the isolastic suspension forks and steering tackling the engine transmission carburettors electrics ignition and instruments and finally overhauling wheels and brakes and replacing tyres There is also a chapter on the assembly of a restored Five Times Machine of the Year motorcycle **Poor's Manual of Industrials** ,1913

San Francisco Bay Ports Manual C. A. Stuewe,1924 **Monthly Catalogue, United States Public Documents** ,1989 **Monthly Catalog of United States Government Publications** ,1989 **Moodys Manual of Railroads and Corporation Securities. Government, State and Municipal Supplement** ,1902 Monthly Catalog, United States Public Documents United States. Superintendent of Documents,1967 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index **Factory** George Worthington,1966 *Moody's Manual of Railroads and Corporation Securities* ,1902 **United States Government Publications Monthly Catalog** ,1945 **Catalog of Copyright Entries. Part 1. [B] Group 2. Pamphlets, Etc. New Series** Library of Congress. Copyright Office,1942

Refrigeration Engineering ,1940 English abstracts from Kholodil naia tekhnika *Moody's Manual of Corporation Securities* ,1903 *International Underwater Systems Design* ,1991

Getting the books **Alton Compressor Manual** now is not type of inspiring means. You could not unaided going taking into account book collection or library or borrowing from your friends to gate them. This is an completely simple means to specifically acquire guide by on-line. This online revelation Alton Compressor Manual can be one of the options to accompany you as soon as having extra time.

It will not waste your time. agree to me, the e-book will no question declare you further thing to read. Just invest tiny times to get into this on-line revelation **Alton Compressor Manual** as with ease as evaluation them wherever you are now.

<https://recruitmentslovakia.sk/data/book-search/default.aspx/personally%20i%20blame%20my%20fairy%20godmother.pdf>

Table of Contents Alton Compressor Manual

1. Understanding the eBook Alton Compressor Manual
 - The Rise of Digital Reading Alton Compressor Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Alton Compressor Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Alton Compressor Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Alton Compressor Manual
 - Personalized Recommendations
 - Alton Compressor Manual User Reviews and Ratings
 - Alton Compressor Manual and Bestseller Lists
5. Accessing Alton Compressor Manual Free and Paid eBooks

- Alton Compressor Manual Public Domain eBooks
- Alton Compressor Manual eBook Subscription Services
- Alton Compressor Manual Budget-Friendly Options
- 6. Navigating Alton Compressor Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Alton Compressor Manual Compatibility with Devices
 - Alton Compressor Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Alton Compressor Manual
 - Highlighting and Note-Taking Alton Compressor Manual
 - Interactive Elements Alton Compressor Manual
- 8. Staying Engaged with Alton Compressor Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Alton Compressor Manual
- 9. Balancing eBooks and Physical Books Alton Compressor Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Alton Compressor Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Alton Compressor Manual
 - Setting Reading Goals Alton Compressor Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Alton Compressor Manual
 - Fact-Checking eBook Content of Alton Compressor Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Alton Compressor Manual Introduction

In today's digital age, the availability of Alton Compressor Manual books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Alton Compressor Manual books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Alton Compressor Manual books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Alton Compressor Manual versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Alton Compressor Manual books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Alton Compressor Manual books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Alton Compressor Manual books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions

have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Alton Compressor Manual books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Alton Compressor Manual books and manuals for download and embark on your journey of knowledge?

FAQs About Alton Compressor Manual Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Alton Compressor Manual is one of the best book in our library for free trial. We provide copy of Alton Compressor Manual in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Alton Compressor Manual. Where to download Alton Compressor Manual online for free? Are you looking for Alton Compressor Manual PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Alton Compressor Manual. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money

and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Alton Compressor Manual are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Alton Compressor Manual. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Alton Compressor Manual To get started finding Alton Compressor Manual, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Alton Compressor Manual So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Alton Compressor Manual. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Alton Compressor Manual, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Alton Compressor Manual is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Alton Compressor Manual is universally compatible with any devices to read.

Find Alton Compressor Manual :

personally i blame my fairy godmother

1994 jeep grand cherokee owners manual

how to survive and succeed as a senco in the primary school

onity ht 28 manual

~~manual alfa romeo 159 sw~~

garden conservancys open days directory

pc transplant user guide

what does an essay include

earth science guided study workbook answers section

~~ein madchen wie angelika~~

~~ball valve trim selection guide~~

~~ballad with a solitary blade vol~~

~~economics macroeconomics advanced macroeconomics by david~~

1994 jeep grand cherokee manual 91429

~~romeo and juliet study guide packet questions~~

Alton Compressor Manual :

practical grades snare drum from 2020 grade 6 abrsn - Sep 03 2022

web a snare drum solo in 6 8 time signature with a marching feel don t think i ve done a snare solo in 6 8 before so now i have

sixspärne youtube - Nov 24 2021

6 permucussion moore s six solos for snare drum - Jun 12 2023

web written to serve the high school student in contest or the professional in audition six unaccompanied solos for snare drum is a collection of solos written to help student

six unaccompanied solos for snare drum amazon com - Aug 02 2022

web multiple percussion solos six percussion solos designed to introduce the drummer to multiple percussion playing advanced level part s classic festival solos snare

six unaccompanied solos for snare drum by michael - Aug 14 2023

web sep 18 2017 in this video we take a look at moore s six solos for snare drumby james l moore3 ternariovibralf the youtubechannel for all your walkthroughs and review

ses snare facebook - Dec 26 2021

six unaccompanied solos for snare drum youtube - Apr 10 2023

web mar 11 2019 download and print in pdf or midi free sheet music for snare solo arranged by oscar chavez for snare drum solo

mastering dynamic control solo 6 from advanced snare drum - Feb 25 2022

web the crossword solver found 59 answers to snare 6 6 letters crossword clue the crossword solver finds answers to classic crosswords and cryptic crossword puzzles

[six unaccompanied solos for snare drum google play](#) - Jan 07 2023

web solos for snare drum no 1 from colgrass six unaccompanied solos for snare drum alfred or p 4 from solos for the percussion player g schirmer 3 john o reilly

michael colgrass six unaccompanied solos for snare drum - Feb 08 2023

web dec 12 2017 he s won several individual snare drum titles including the percussive arts society national championship and the drum corps midwest championship john is

six snare solos uniport edu ng - Jan 27 2022

[sixsnare solos download only logs erpnext](#) - Mar 29 2022

web listen to music by 6 snare on apple music find top songs and albums by 6 snare including handle me with care bietjie van my and more listen now browse radio

delecluse 6 advanced concert snare drum solo youtube - May 31 2022

web aug 3 2023 kindly say the six snare solos is universally compatible with any devices to read six solos for snare drum louie bellson 1987 14 modern contest solos john s

[six unaccompanied solos for snare drum alfred music](#) - Mar 09 2023

web shop and buy six 6 solos sheet music snare drum sheet music book by louie bellson southern music company at sheet music plus hl 3770554

snare solo sheet music for snare drum solo musescore com - Dec 06 2022

web mar 1 1999 paperback march 1 1999 written to serve the high school student in contest or the professional in audition six unaccompanied solos for snare drum is a collection

6 snare on apple music - Oct 24 2021

snare solo march in 6 8 practice your sight reading - Apr 29 2022

web share your videos with friends family and the world

[six 6 solos sheet music plus](#) - Nov 05 2022

web 24 00 amalgamation solo for snare drum with kick drum and hi hat by luis rivera this intricate solo for snare drum with kick drum and hi hat explores polyrhythms and pays

[snare 6 crossword clue wordplays com](#) - Sep 22 2021

snare drum solo by john wooton drumeo youtube - Oct 04 2022

web delecluse 6 advanced concert snare drum solo youtube 0 00 1 36 delecluse 6 advanced concert snare drum solo
emcdump 48 9k subscribers subscribe 3k views

snare drum solos tapspace - Jul 01 2022

web feb 8 2021 here is solo 6 from advanced snare drum studies by mitchell peters this solo is a study in dynamic and rhythmic control the entire solo is one long crescen

3 ternario moore s six solos for snare drum vibralph - May 11 2023

web six unaccompanied solos for snare drum ebook written by michael colgrass read this book using google play books app on your pc android ios devices download for

six traditional solos for snare drum pdf scribd - Jul 13 2023

web feb 6 2014 six unaccompanied solos for snare drumcompositor michael colgrassmusicista anna layzaprodução de áudio e vídeo por rodrigo rossivídeo do

how to update php version robots net - Jun 30 2023

web sep 17 2023 to finalize the php update restart your local development environment this step ensures that the new php version is loaded and that your website runs using the updated php version with these steps you have successfully updated your php version locally test your website thoroughly to ensure everything works as expected

php downloads - Sep 02 2023

web windows downloads gpg keys for php 8 2 old stable php 8 1 25 changelog php 8 1 25 tar gz sig 19 355kb 26 oct 2023
1a8c59d6b3ecb404c229e947558d2bf1220c3dec0b0036690fadc07f39934ab php 8 1 25 tar bz2 sig 15 221kb 26 oct 2023

php mysql update data w3schools - Feb 24 2023

web the update statement is used to update existing records in a table update table name set column1 value column2 value2 where some column some value notice the where clause in the update syntax the where clause specifies which record or records that should be updated if you omit the where clause all records will be

php php 8 0 0 release announcement - May 30 2023

web php 8 0 is a major update of the php language it contains many new features and optimizations including named arguments union types attributes constructor property promotion match expression nullsafe operator jit and improvements in the type system error handling and consistency

how to update your php version dreamhost - Mar 28 2023

web may 6 2022 to update php click on change php to v8 1 if successful this section will indicate that your site is up to date although we strongly encourage you to test php version changes in a staging environment you can modify your php version on your live website

get a faster more secure website update php today - Apr 28 2023

web how to update your website s php version for a faster more secure website faster more secure wordpress websites for all your wordpress site can be faster and more secure and you can make this happen this page will explain why this matters to

how to update php version sebhastian - Aug 01 2023

web jul 25 2022 this tutorial shows how you can update the php version installed on your computer update php using homebrew mac for mac computers you can update the php version installed on your computer using homebrew run the brew upgrade command from the terminal as shown below

php releases - Oct 03 2023

web aug 23 2011 php 8 1 24 tar xz sha256 ee61f6232bb29bd2e785daf325d2177f2272bf80d086c295a724594e710bce3d 8 2 11

puerto rican recipes cuisines taste of home - Mar 31 2022

web peppered cilantro rice this colorful confetti rice is a traditional dish in puerto rico we enjoy it in the summer alongside grilled shrimp look through our puerto rican recipes to find classic dishes from appetizers to mains to dessert including quick and easy versions and healthy spins

essential puerto rican recipes - Apr 12 2023

web aug 25 2021 16 essential puerto rican recipes by carl hanson updated on august 25 2021 photo by kim s cooking now grab a taste of puerto rico s best these top rated recipes show off the tantalizing flavors of puerto rican cuisine

best puerto rican recipes 15 most popular foods to make at - May 13 2023

web mar 30 2022 1 pernil pork roast 2 flan egg custard 3 coquito coconut nog 4 arepas de coco coconut fry bread 5 rellenos de papa stuffed potatoes 6 picadillo ground beef hash 7 pasteles 8 mofongo mashed plantain 9 arroz con gandules rice and peas 10 asopao de pollo chicken and rice stew 11 arroz con dulce rice

the most popular complete puerto rican cookbook authentic quick easy - Feb 27 2022

web mar 13 2021 the most popular complete puerto rican cookbook authentic quick easy and delicious most popular 150 recipes of puerto rico paperback march 13 2021 by sadiqul islam author 4 0 4 0 out of 5 stars 12 ratings

most popular puerto rican yumpu - Sep 05 2022

web jan 8 2020 most popular puerto rican recipes quick easy acookbook of essential food recipes direct from puerto ricobook detailpaperback 54 pages publisher independently published november 19 2018 language english isbn 10 1731561466 isbn 13 978 1731561466 product dimensions 6 x 0 1 x 9 inches

34 puerto rican recipes taste the island s flavor explosion - Jul 03 2022

web sep 1 2023 1 arroz con dulce arroz con dulce is a traditional puerto rican rice pudding made with rice ginger cinnamon

raisins and coconut it is a sweet and filling dish that is perfect for satisfying your dessert cravings the combination of flavors and textures creates a delicious and comforting treat

[31 best puerto rican recipes that are yum all nutritious](#) - Oct 06 2022

web dec 27 2022 8 coconut nog source thenoshery com also known as coquito coconut nog is one of the things that makes christmas special in puerto rico this tropical version of traditional eggnog is a great way to enjoy a spin on a classic this is one of the easiest holiday drink recipes thanks to canned coconut milk

30 classic authentic puerto rican recipes salima s kitchen - Mar 11 2023

web sep 17 2021 an authentic puerto rican arroz con pollo recipe with simple easy to follow instructions and mouthwatering traditional puerto rican flavor tips included for how to season the dish and achieve perfectly crispy pagao rice at the bottom of the pot

[16 popular puerto rican recipes immaculate bites](#) - Dec 08 2022

web apr 19 2022 1 pernil 2 one pot puerto rican chicken and rice 3 jibarito plantain and steak sandwich 4 picadillo 5 pastelón 6 sancocho side dishes 7 arroz con gandules 8 puerto rican style beans 9 mofongo sauces and snacks 10 sofrito 11 pasteles

most popular puerto rican recipes quick easy a cookbook - Jan 09 2023

web most popular puerto rican recipes quick easy a cookbook of essential food recipes direct from puerto ricothis puerto rican cookbook focuses on 19 favorite dishes of the people of puerto rico authentic recipes that you will find if you walk into any puerto rican home learn how to cook the most popular dishes of puerto rico all the

most popular puerto rican recipes quick easy a coo - Aug 16 2023

web arroz con pollo mofongo chicken asopao sorullitos de maiz puerto rican roasted pork mallorcas ramp escabeche and more all recipes are well known throughout puerto rico and form an essential part of traditional puerto rican cuisine have you been to puerto rico re live your fantastic vacation again and again

puerto rican recipes recipe ideas simply recipes - Aug 04 2022

web chillo al ajillo pan fried red snapper in garlic sauce 7 mins asopao de camarones y gandules puerto rican rice stew with shrimp and pigeon peas 90 mins air fryer tostones 45 mins bacalao guisado salt cod stew 85

[40 delicious puerto rican recipes mamaslatinas com](#) - Feb 10 2023

web jul 10 2018 bacalaitos are codfish fritters they are greasy crunchy and delicious get the full recipe at goya 4 40 istock arroz con gandules is a type of puerto rican rice made with pigeon peas arroz con gandules is another dish that is very popular during christmas and every family has their own recipe get the full recipe at delishd lites 5 40

top 10 traditional puerto rican recipes get our most popular recipes - Jun 02 2022

web chicken asopao chicken and rice stew roasted pork pig roasted over a charcoal pit arroz con pollo chicken with rice coquito eggnog like alcoholic beverage made with rum and coconut milk sweet condensed milk cinnamon and nutmeg bacalaitos fried codfish fritters arroz con gandules rice with pigeon peas tembleque coconut milk pudding

the 35 best puerto rican recipes gypsyplate - Jun 14 2023

web may 25 2022 1 carne guisada we re starting this list of great puerto rican recipes with our own delicious carne guisada so much flavor in every single tender meat chunk why not there is plenty of their famous flavor enhancers like sofrito sazón and adobo try this delicious hearty beef stew tonight and i know you are going to bookmark this for life

most popular puerto rican recipes quick easy a cookbook - Sep 17 2023

web nov 19 2018 most popular puerto rican recipes quick easy a cookbook of essential food recipes direct from puerto rico barrington shaw grace 9781731561466 amazon com books books cookbooks food wine regional international enjoy fast free delivery exclusive deals and award winning movies tv

14 best puerto rican recipes insanely good - Oct 18 2023

web jul 26 2023 1 puerto rican chicken stew if soup and paella were to have a baby this is it also known as asopao de pollo this chicken stew invites you to have a bowl of juicy chicken thighs mixed with assorted seasonings and veggies there s rice included it s plump and creamy so you know you re in for a filling meal

12 popular puerto rican recipes best traditional puerto rican - Jul 15 2023

web dec 13 2022 what are some famous dishes in puerto rico it certainly isn t difficult to find a delectable dish in puerto rico or even make one in your own home some of the most popular puerto rican dishes are mofongo tripeleta empenadillas rellenos de papa pernil and rice and beans the secret is in the spices that you use in each dish

23 puerto rican desserts easy recipes - May 01 2022

web mar 16 2023 16 coquito tres leches cake tres leches cake is a light and subtly flavored cake that is just as delicious served alone as with chocolate or caramel the addition of spices to the coquito topping makes for a wonderfully festive cake that is easy to make and will be a crowd pleaser

25 puerto rican recipes puerto rican octopus salad - Nov 07 2022

web oct 1 2023 asopao de pollo is a popular puerto rican soup dish made with chicken rice and various herbs and spices it s traditionally prepared in a soup pot with chicken broth tomato sauce garlic onions peppers and cilantro for flavor rice is added to the mix for bulk and potatoes or plantains for an additional layer of texture