

# Brazilian Curry Chicken

Yield: 4 min  
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-chicken-recipe-with-coconut-milk>

## Ingredients:

- 2 pounds chicken throw in a mixture of boneless, skinless thighs AND breasts\*
- 3/4 cup coconut milk
- 2 tablespoons tomato paste
- 3 garlic cloves minced
- 1 tablespoon ground ginger
- 6 tablespoons curry powder hell, throw in the whole jar!! kidding
- 2 bell peppers chopped into 1 cubes, i used yellow and red
- 1 yellow onion thinly sliced
- salt
- pepper
- 1 cup chicken broth

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Fiber: 7 grams
6. Protein: 50 grams
7. SaturatedFat: 12 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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