

# Chicken Tava | Easy Turkish Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/tava-turkish-recipe>

## Ingredients:

- 1 chicken breast medium
- 2 onions medium
- 1 1/2 bell pepper
- 2 handfuls button mushrooms or closed cup mushrooms
- 7 garlic cloves
- 2 11/16 cups chopped tomatoes tin of
- 3 tablespoons harissa paste
- 1 tablespoon tomato paste
- 2 tablespoons butter optional
- salt
- black pepper
- olive oil

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 620 milligrams
9. Sugar: 7 grams

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