

Fricase de Pollo

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/fricase-de-pollo-puerto-rico-recipe>

Ingredients:

- 2 pounds chicken thighs
- 1 1/2 tablespoons olive oil
- 1 onions sliced
- 1 red pepper diced
- 1 tablespoon garlic minced
- 1 1/2 pounds fingerling potatoes
- 5 ounces green olives drained, w/ pimento, sliced
- 1 bay leaf
- 1/2 teaspoon oregano flakes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 8 ounces tomato sauce
- 1 1/4 cups chicken broth
- 1/2 teaspoon salt

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 155 milligrams
4. Fat: 38 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 1030 milligrams
9. Sugar: 8 grams

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