

Israeli Chicken Sofrito

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-chicken-recipe>

Ingredients:

- 8 bone in skin on chicken thighs
- 2 tablespoons extra virgin olive oil
- 2 russet potatoes medium, peeled and cut into 1 1/2-inch chunks
- 1 sweet potato medium, peeled and cut into 1 1/2-inch chunks
- 2 yellow onions medium, sliced
- salt
- ground black pepper
- 1 1/2 cups chicken stock
- 1 3/4 teaspoons paprika
- 1 1/4 teaspoons turmeric
- 1/2 teaspoon garlic powder
- 3 bay leaves

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 195 milligrams
4. Fat: 39 grams
5. Fiber: 2 grams
6. Protein: 43 grams
7. SaturatedFat: 10 grams
8. Sodium: 350 milligrams
9. Sugar: 3 grams

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