

Trinidad Stewed Chicken

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 4 pounds chicken cut into pieces
- 3 tablespoons green onion finely chopped
- 3 tablespoons chopped fresh cilantro
- 1 teaspoon minced garlic
- 1 teaspoon chopped onion
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon vegetable oil
- 1/4 cup brown sugar
- 1 cup water
- 1/2 cup coconut milk canned, optional
- 1 teaspoon red pepper flakes optional
- 2 tablespoons ketchup
- 1 tablespoon butter

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 150 milligrams
4. Fat: 14 grams
5. Protein: 46 grams
6. SaturatedFat: 6 grams
7. Sodium: 520 milligrams
8. Sugar: 6 grams

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