

# Stewed Jamaican Chicken

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 3 pounds chicken cut into small pieces
- lime juice
- 2 teaspoons sea salt
- 1/2 tablespoon black pepper
- 1 tablespoon browning
- 4 tablespoons coconut oil
- 1 whole yellow onion or red, chopped
- 1/4 green bell pepper each, red and, chopped
- 2 cups water
- 2 cloves garlic peeled and crushed
- 1 thyme fresh sprig
- 2 carrots chopped
- 1 teaspoon arrowroot powder or cornstarch
- 1 cabbage
- 2 carrots
- 1 tomato
- 1 sweet pepper
- 1 onion small
- coconut oil
- pepper
- salt

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 220 milligrams
4. Fat: 24 grams
5. Fiber: 9 grams
6. Protein: 72 grams

7. SaturatedFat: 15 grams
  8. Sodium: 1720 milligrams
  9. Sugar: 7 grams
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