

Crock Pot Jamaican Jerk Chicken Soup

Yield: 4 min
Total Time: 255 min

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

Ingredients:

- 1 1/2 pounds boneless chicken cut into strips
- 3 tablespoons jamaican jerk seasoning
- 1 tablespoon olive oil
- 3/4 cup diced onion
- 3/4 cup diced onion
- 1 tablespoon minced garlic
- 1 teaspoon cumin
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 6 cups chicken broth
- 1/4 cup long-grain white rice rinsed well
- 1 can black beans rinsed well

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 110 milligrams
4. Fat: 23 grams
5. Fiber: 9 grams
6. Protein: 51 grams
7. SaturatedFat: 6 grams
8. Sodium: 1080 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Crock Pot Jamaican Jerk Chicken Soup above. You can see more 15 jamaican jerk chicken stew recipe They're simply irresistible! to get more great

cooking ideas.