

# Jamaican Brown Stew Chicken

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 6 chicken thighs large, and/or legs
- 3 stalks green onions coarsely chopped
- 4 cloves garlic minced
- 1 teaspoon ginger minced
- 3 teaspoons paprika
- 2 teaspoons brown sugar
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 medium yellow onion chopped
- 1 red bell pepper sliced
- 1 green bell pepper sliced
- 1 large tomato diced
- 2 stalks thyme de-stemmed
- 1 teaspoon allspice
- 1 tablespoon hot sauce
- 1 tablespoon ketchup
- 1 teaspoon browning
- 1 teaspoon black pepper
- salt to taste
- 1 teaspoon paprika
- 1 cup chicken broth plus more if needed
- 1/4 cup canola oil

## Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 290 milligrams
4. Fat: 67 grams
5. Fiber: 4 grams

6. Protein: 63 grams
7. SaturatedFat: 15 grams
8. Sodium: 1210 milligrams
9. Sugar: 7 grams

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