

# How to cook Chicken... The Mexican way!

Yield: 4 min  
Total Time: 90 min

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

## Ingredients:

- 2 teaspoons chile powder Mexican
- 3 teaspoons dried oregano
- 2 teaspoons ground coriander
- 3 garlic cloves chopped
- 2 tablespoons olive oil
- 8 chicken drumsticks
- 1 red onion sliced
- 1 red capsicum chopped
- 3 3/8 cups chopped tomatoes
- 1 7/16 cups salsa
- 2 cups beef stock
- 2 1/16 cups red kidney beans
- 1/2 cup long-grain rice white
- 3 tablespoons fresh coriander chopped

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 210 milligrams
4. Fat: 39 grams
5. Fiber: 5 grams
6. Protein: 59 grams
7. SaturatedFat: 9 grams
8. Sodium: 1030 milligrams
9. Sugar: 9 grams

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