

# Pollo Guisado (Puerto Rican Chicken Stew)

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-pollo-guisado-recipe-puerto-rican>

## Ingredients:

- 1 1/2 pounds chicken thighs boneless and skinless, \$4.49
- 2 teaspoons adobo all-purpose seasoning, \$0.08
- 2 tablespoons cooking oil \$0.08
- 1 yellow onion large dice, \$0.42
- 3 cloves garlic finely chopped, \$0.14
- 1/2 cup sofrito \$0.72
- 8 ounces tomato sauce \$0.59
- 1 packet seasoning sazón, with annatto\*, \$0.17
- 2 bay leaves \$0.20
- 2 teaspoons dried oregano \$0.20
- 1/4 cup Manzanilla olives pimiento-stuffed, \$0.33
- 1 large potato 2-inch dice, about 1 cup, \$1.12
- 2 large carrots 1/4-inch rounds, about 1 cup, \$0.32
- 3 cups chicken stock \$0.51
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/3 teaspoon annatto ground
- 1/8 teaspoon turmeric
- 1/8 teaspoon ground oregano

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 150 milligrams
4. Fat: 42 grams
5. Fiber: 6 grams

6. Protein: 42 grams
  7. SaturatedFat: 8 grams
  8. Sodium: 1590 milligrams
  9. Sugar: 13 grams
- 

Thank you for visiting our website. Hope you enjoy Pollo Guisado (Puerto Rican Chicken Stew) above. You can see more 17 easy pollo guisado recipe puerto rican Elevate your taste buds! to get more great cooking ideas.