

Portuguese Chicken

Yield: 5 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-portuguese-ground-chorizo-in-crock-pot>

Ingredients:

- 1/2 cup flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon pepper
- 4 pounds chicken cut in pieces, or I used 4 boneless skinless chicken breasts cut up
- 3 tablespoons olive oil
- 1 pound ground chorizo
- 1 medium onion diced
- 2 cups diced potatoes
- 2 peppers julienned, I used red and yellow
- 15 ounces chopped tomatoes
- 1 head garlic peeled and split into cloves
- 1 cup black olives mixed pitted green and
- 1/4 cup capers
- 1 cup white wine or port or sherry
- 1 cup chicken stock
- 1/2 cup chopped flat leaf parsley or cilantro
- 1/2 teaspoon smoked paprika
- red pepper flakes to taste
- 1/2 green onions chopped
- salt and plenty of black pepper
- 2 cups saffron or white rice, cooked

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 235 milligrams
4. Fat: 24 grams

5. Fiber: 5 grams
 6. Protein: 79 grams
 7. SaturatedFat: 5 grams
 8. Sodium: 1200 milligrams
 9. Sugar: 5 grams
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