

African Chicken Stew

Yield: 7 min
Total Time: 55 min

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

Ingredients:

- 1/8 cup oil
- 3 1/2 pounds chicken cut in pieces
- 6 Roma tomatoes or 2 cups tomato puree
- 1 onion medium, sliced
- 1 teaspoon minced garlic
- 1 1/2 teaspoons dried thyme
- 1 tablespoon paprika
- 1/4 teaspoon curry powder
- 1 bay leaf
- 1 tablespoon Maggi or bouillon granules
- 2 green onion chopped whites and green parts
- 3 tablespoons parsley
- 2 cups sliced carrots
- salt
- pepper

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 145 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 47 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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