

Brazilian Chicken Stew

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/best-brazilian-chicken-recipe>

Ingredients:

- 1 onion large, chopped
- 1 tablespoon oil
- 3 cloves garlic
- 3 green chilli peppers small
- 1 1/2 teaspoons paprika
- 2 1/2 tablespoons root ginger
- 2 11/16 cups chopped tomatoes tinned
- 7/8 cup coconut milk
- 2 tablespoons dry roasted peanuts crushed a little
- 1 tablespoon dessicated coconut
- 1 teaspoon coriander leaf
- 1 handful fresh coriander
- 1 1/8 pounds chicken
- 1 chicken stock cube
- 1/2 lemon juiced

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 80 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 13 grams
8. Sodium: 350 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Brazilian Chicken Stew above. You can see more 16 best brazilian chicken recipe Unlock flavor sensations! to get more great cooking ideas.