

Moroccan Chicken Stew

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-eggplant-chicken-recipe>

Ingredients:

- 2 tablespoons olive oil
- salt + pepper (to season)
- 5 pounds chicken bone-in skin-on, I used a mix of chicken breasts, thighs, and drumsticks
- 2 yellow onions chopped
- 4 large carrots chopped
- 8 cloves garlic minced
- 2 tablespoons Hungarian sweet paprika
- 1 teaspoon kosher salt plus more to taste
- 1 teaspoon fresh ground black pepper plus more to taste
- 2 1/2 teaspoons turmeric
- 2 teaspoons ground coriander
- 1 teaspoon fennel seeds
- 1 teaspoon cumin
- 1 1/2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 5 Roma tomatoes or tomato of choice, roughly chopped
- 1/3 cup fresh lemon juice
- 1 lemon zested
- 2 cups water plus more as needed
- 1 large eggplant chopped into cubes
- 1/2 cup raisins
- 1/2 cup apricots Turkish, halved
- 2 teaspoons dried marjoram
- 1/2 cup slivered almonds
- fresh chopped cilantro for serving

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 26 grams

3. Cholesterol: 185 milligrams
 4. Fat: 16 grams
 5. Fiber: 8 grams
 6. Protein: 61 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 650 milligrams
 9. Sugar: 11 grams
-

Thank you for visiting our website. Hope you enjoy Moroccan Chicken Stew above. You can see more 16 vietnamese eggplant chicken recipe Savor the mouthwatering goodness! to get more great cooking ideas.