



Brown Chicken Stew with Rice and Peas

Lucinda Simms

Ingredients:

- 3lbs boneless, skinless Chicken Thigh
- 1 yellow onion, chopped
- 3 spring onions, chopped
- ½ green pepper, chopped
- ½ red pepper, chopped
- 1 scotch bonnet pepper, seeds removed and chopped
- 4 garlic cloves, chopped
- 1in ginger, chopped
- ¼ cup oil
- 2 tbsp ketchup
- 1 cup chicken broth
- ½ cup water
- 1 tbsp brown sugar
- 2 tsp browning sauce
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp paprika
- 1 tsp dried thyme
- ½ tsp black pepper
- ¼ tsp allspice

Instructions:

Add Chicken, onions, peppers, garlic, and ginger to a large bowl, combine all seasoning and rub into chicken. Keep ketchup, chicken broth, and water off to the side. Cover and marinate for at least an hour or overnight. (I will be marinating it for 1½ hours.)

Remove peppers, onions, garlic, ginger, and thyme from chicken and set aside. Heat oil in large skillet over medium heat and add chicken. Brown for about 1-2 minutes on each side. Remove chicken from pan and add onions & pepper to the skillet and allow them to cook for about 5 mins (until soft) stirring occasionally. Add chicken back to the skillet along with chicken broth, water, and ketchup.

Bring the mixture to a simmer and cover, let everything simmer for roughly 30 mins stirring occasionally. Remove cover and simmer for an additional 10 mins, to reduce the gravy.