

“African Chicken & Tomato Stew”

INGREDIENTS

Total Cook Time: 55 mins

7 Servings

Prep Time: 10mins

Cook Time: 45 mins

- 1.5 kg OBC Chicken Pieces
- Salt and pepper to taste
- 1-2 tsp Creole Seasoning
- ¼-½ cup OBC Cooking Oil
- 5-6 Roma tomatoes or 2 cups tomato puree
- 1 medium Onion, sliced
- 1 ½ tsp dried Thyme
- 1 Tbsp minced Garlic
- 1-2 cups sliced Carrots
- 1 Tbsp Paprika
- ¼ tsp Curry powder
- 1 Bay leaf
- 1Tbsp Baggi or Bouillon granules
- 2 cups Water
- 2 Green Onion (chopped)
- 3 Tbsp Parsley
- 1-2 cups Carrots

DIRECTIONS

1. Season chicken with, salt, pepper, and Creole seasoning.
2. Set aside.
3. In a large pot, heat OBC Cooking Oil over medium heat, until hot, and then add the OBC Chicken and sauté stirring, frequently, any browned bits off the bottom of the pot, until chicken is brown.
4. If using fresh tomatoes, blend tomatoes, onions, garlic, and onions. Pour the tomatoes blend in the pot of chicken, bring to a boil and let it simmer until tender (depending on the chicken) about 20- 30 minutes, frequently stirring the saucepan to prevent burns.
5. If using tomato sauce; add the onion, sauté until tender, about 4-5- minutes. Pour tomato sauce, curry powder, smoked paprika, thyme, bay leaf, garlic, and bouillon powder. Bring to a boil and let it simmer for about 20-30 minutes. Add about 2 cups of water to the pan.
6. Add carrots, green onions, parsley. Cook for another 5 minutes. Adjust the thickness of soup with water or stock.
7. Season with salt according to preference. Remove bay leaf.
8. Serve over warm OBC Rice OR OBC Maize Meal



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