

West African Stewed Chicken

Submitted by Chef Eric Wells

- 1 pound boneless skinless chicken thighs
- ½ tsp kosher salt
- ¼ teaspoon black pepper
- ¼ cup peri peri sauce
- 3 tsp canola oil, divided
- 1 medium yellow onion, thinly sliced
- 6 garlic cloves minced
- 2 tablespoons minced fresh ginger root
- 1 can (28 ounces) crushed tomatoes
- 1 large white or orange sweet potato, peeled and diced
- 1 cup reduced-sodium chicken broth
- 1 ½ tsp minced fresh thyme
- ¼ tsp cayenne pepper

Directions

Season chicken with salt, pepper and peri peri sauce. (Can be marinated 30-60 minutes before cooking or overnight)

In a Dutch oven or pot, cook chicken over medium heat in 2 tsp oil for 4-6 minutes or until no longer pink: remove and set aside.

In the same pot, sauté onion in remaining oil until translucent. Add garlic and ginger; cook 1 minute

Stir in the tomatoes, sweet potato, broth, 1-1/4 tsp thyme and cayenne. Bring to boil.

Reduce heat; cover and simmer for 15-20 minutes or until potato is tender. Add chicken; heat through.

Serve with basmati rice if desired. Sprinkle with remaining thyme.

Serves 4-6

May be refrigerated 2 -3 days