

West African Chicken Stew



Sirve:

4-6

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Chicken plasas is a traditional tomato based stew with peanut butter and spinach. Cayenne pepper and garlic add aromatic flavors to this dish. Serve with steamed rice.

1 lb
chicken breast, cut into cubes
(1/2
kg)
salt and fresh ground pepper (optional)
1 onion, medium, strung, use Cone #2
2 garlic cloves, shredded, use Cone #1
1/4 cup
tomato paste
(65
g)
28 oz
diced tomato
(793
g)
1/2 cup
water or chicken stock
(118
ml)
1/4 cup
natural peanut butter, smooth
(64
g)
1/2 tsp
cayenne pepper
(3/4
g)
5 oz
spinach, fresh, chopped
(141
g)

Preparación :

1. Preheat Ultimate Culinaira over medium heat until a sprinkle of water skitters and dissipates, about 7-9 minutes.
2. Season chicken pieces on all sides with salt and fresh ground pepper. (optional)
3. Brown ½ of chicken for 2-3 minutes on each side in preheated Ultimate Culinaira. Remove chicken from pan and place in a clean dish. Repeat with remaining pieces of chicken.
4. Sauté onion and garlic for 5-6 minutes. Add tomato paste, diced tomato, water and peanut butter and cayenne pepper stirring to dissolve peanut butter.
5. Add chicken pieces, stir and cover. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 15 minutes. Add chopped spinach, stir, place cover back on pan and cook for 5 minutes longer.
6. Taste and adjust seasonings as desired.
7. Serve as is or with steamed rice or roasted sweet potato.

Consejos:

- Substitute fresh spinach for frozen chopped spinach that has been thawed and drained.
- Substitute chicken breast for bone in chicken pieces or cubed beef.
- Add in diced sweet potato.

Información nutricional por ración

Calorías: 199
Grasa Total: 11g
Grasa 2g
Saturada:
Colesterol: 14mg
Sodio: 277mg
Carbohidratos: 16g
Fibra 3g
Dietética:
Azúcar: 5g
Proteína: 11g