



# Stewed Chicken

Stewed chicken is a favorite Latino dish. The low cost of this dish in combination with easy preparation make it a regular lunch-time meal.

## Ingredients

3 Pounds Chicken

2 Lemons (Cut in half)

2 Green Bell Peppers

½ Cup Chopped Celery (Optional)

¼ Cup Olives (Cut in half; optional)

1 Small Red Onion (Cut in slices)

4 Tomatoes (Cut in quarters)

2 Tablespoons Oil

2 Tablespoons Tomato Paste or 1 Cup Tomato Sauce

½ Teaspoon Crushed Garlic

1 Teaspoon Sugar

1 Pinch Oregano and Pepper

Cilantro and Salt to Taste

## Instructions

Cut chicken into small pieces. Wash in cold water, remove skin, and rub with lemon, making sure to cover all the chicken. Place chicken in container and add salt, pepper, oregano, celery, onion, bell pepper, and garlic. Marinate one hour. In a large pot, heat oil. When hot, add sugar and cook until dark brown. Add chicken and sauté until golden brown. Add two tablespoons of water. Cover and cook 12 minutes. Add a teaspoon of water, stir, and cover again. Keep from burning. Add remaining ingredients: onion, celery, green pepper, and olives. Cover and cook until vegetables are tender. Add tomato paste and one-half cup water, stirring to dissolve tomato paste. Cook over low heat until sauce has thickened. Add cilantro. Season with salt and pepper to taste. Serve hot with white rice, a side dish, beans, and salad.

**Serves 6**

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at [www.bphc.org/SwapTheSalt](http://www.bphc.org/SwapTheSalt)

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