

MAKING MEMORIES

COOKING WITH KSPS

PEPPER CHICKEN STEW

- 500 grams chicken thighs, cut into 2-inch pieces
- 1 tablespoons flour
- 2 tablespoons extra virgin olive oil
- 3 cloves of garlic, minced
- 1 onion diced
- 1 red bell pepper, cut into 1-inch squares
- 1 yellow bell pepper, cut into 1-inch squares
- 1 tablespoon sweet paprika
- 400 grams stewed tomatoes, pureed
- 2 tablespoons tomato paste
- ½ teaspoon salt
- flat-leaf parsley for garnish

1. Generously salt and pepper the thighs and then dust with the flour.
2. Heat a saute pan over medium high heat until hot and then add the olive oil. Swirl to coat and then add the chicken. Fry on one side until browned and then flip.
3. Brown the second side and then transfer the chicken to a bowl.
4. Add the garlic and onion and saute until tender and starting to brown.
5. Add the bell peppers and continue sauteing until the peppers are bright in color and beginning to soften.
6. Add the paprika and saute until very fragrant.
7. Return the chicken to the pan along with the stewed tomatoes, salt and tomato paste.
8. Simmer for 10-15 minutes or until the chicken is cooked through and the bell peppers are tender.
9. Taste, and add more salt if needed.
10. Garnish with chopped parsley.



[KSPS.ORG/MAKINGMEMORIES](https://www.ksps.org/makingmemories)

