

Pollo Guisado

A delicious recipe for stewed chicken that is ideal for the family, easy to prepare and inexpensive.

Ingredients

- 8 pieces of chicken
- 6 tomatoes, chopped
- ½ pound onions, chopped
- 2 garlic cloves, minced
- 1 green chili, chopped
- Coriander and parsley, chopped
- 3 medium potatoes, cut into thick slices
- 2 carrots, cut into thick slices
- Salt and pepper to taste

Cooking Directions

1. In a hot frying pan, add a little vegetable oil and 1/4 of the chopped onions. Sauté for a minute, then add the minced garlic.
2. Add the chicken (previously washed with lemon) and salt. Cook until chicken is browned.
3. Put the tomatoes, remaining onion and green chili into a blender and process until smooth. Add to the pan with the chicken, along with a little ground pepper.
4. Cook for 5 minutes, then add the potatoes and carrots. Cook for approximately 20 minutes or until the vegetables are tender.
5. When the vegetables are ready, add the coriander and parsley; cover and cook for 5 more minutes. Add salt and pepper to taste.
6. Serve with white rice.



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