



the Caribbean



Chicken Thighs “Fricassee”

6 Servings

Ingredients

- 6 ea. – chicken thighs
- 1 tsp. – kosher salt
- ½ tsp. – ground black pepper
- 1 tbsp. – ground dried oregano
- 3 tbsp. – cooking oil
- ½ tsp. – ground turmeric
- 1 tbsp. – ground cumin
- 1 tbsp. – smoked paprika
- 3 tbsp. – brown sugar
- 1½ tbsp. – minced garlic
- 1 – bay leaf
- 1½ cups – sliced raw carrot
- 1½ cups – cubed Yukon gold potato
- ½ cup – tomato paste
- ⅓ cup – sliced green olives
- 1 cup – water

Method

1. Season the chicken evenly on both sides with salt, pepper, and oregano.
2. In a skillet or pot large enough to hold all the ingredients, heat the oil over medium-high heat and brown the chicken on both sides.
3. Add all the remaining ingredients and bring to a boil, making sure to stir to dissolve the tomato paste.
4. Lower the heat to a slow simmer and cook approximately 30 minutes or until the chicken is fully cooked and the vegetables are tender.
5. Remove bay leaf and serve the chicken topped with about 4 ounces of the vegetables and sauce.

Serve and Enjoy!