

# Stew Chicken

## Ingredients

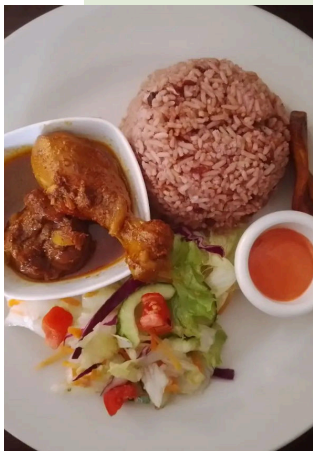
---

- 3 lbs chicken (cut into serving pieces)
- 2 cloves garlic (minced)
- 1 large onion (chopped)
- 1 bell pepper (chopped)
- 1 large tomato (chopped)
- 2 Tbsp recado (annatto paste // achiote)
- 1/2 tsp black pepper
- 1 tsp salt
- 1/2 tsp thyme (or oregano)
- 2 tsp Worcestershire sauce
- 2 Tbsp soy sauce
- 1 lime (juiced) [ @ 2 Tbs]
- 2 Tbsp vegetable oil
- 1 tsp sugar
- 1 cup chicken broth

## Directions

---

- In a large bowl, mix the chicken with all the ingredients except the sugar, vegetable oil & chicken broth.
- Cover the bowl and marinate for at least 2 hours or overnight in the refrigerator for best results.
- In a large pot or Dutch oven, heat the vegetable oil over medium-high heat. Add the sugar and allow it to caramelize until it turns dark brown. Be careful not to burn it.
- Add the marinated chicken pieces to the pot, one at a time, to avoid overcrowding. Brown each piece on all sides. Reserve the marinade for later.
- Once all the chicken pieces are browned, add the reserved marinade to the pot.
- Pour in the chicken broth and bring to a boil.
- Reduce the heat to low, cover the pot, and let the chicken simmer for about 45 minutes to an hour, or until the chicken is cooked through and tender.
- Taste the stew and adjust the seasoning with additional salt, black pepper, or thyme if needed.
- Serve the Belizean Stew Chicken hot with traditional sides such as rice and beans or stew beans & coconut rice or potato salad, and fried plantains.



## Notes

---

- If you don't have lime juice, you can substitute with white vinegar.
- You can also cook this on low, in a Crockpot.
- The Recado is a critical ingredient. You can find it in Mexican specialty grocery stores.