

## ***Chicken and Plantain Stew***

*(Adapted from Ximena Jimenez, RDN)*

### **Ingredients:**

- 3 medium tomatoes
- ½ large onion
- 1 ½ cups baby carrots
- 2 cups water
- 3 TBSP olive oil
- 1 ½ pounds boneless, skinless chicken thighs
- 2 yellow plantains
- Paprika, oregano, basil, and cumin to taste (may add pinch of salt to taste if not on low sodium diet)

### **Directions:**

1. Wash and chop onions, tomatoes and plantains.
2. Trim the fat off chicken thighs. Use a separate cutting board for raw chicken and vegetables.
3. Heat oil in a 5 ½ quart pan over medium heat.
4. Add chopped onions. Stir and cook until translucent.
5. Add chopped tomatoes.
6. Stir the ingredients and cook for about 5 to 10 minutes.
7. Add chicken thighs and the rest of seasonings. Cook for about 10 minutes.
8. Add baby carrots and water for another 10 minutes.
9. Add plantains.
10. Reduce the heat to medium low until chicken and plantains are cooked. Use a food thermometer to make sure chicken reaches 165°F.
11. Serve with rice, quinoa or other favorite whole grain for a complete dish!