

chicken and potato stew

ingredients

- 6 drums Chicken
- 1tspn cumin
- 4 medium to large potatoes, peeled and quartered
- 1tspn chilli powder
- 2 tspn paprika powder
- 3tblspns sunflower oil
- 1 tblspn tomato puree
- $\frac{1}{4}$ cup crushed tomatoes, /canned tomatoes
- 3cloves garlic
- 1 small onion
- $\frac{1}{2}$ bell peppers of yellow and red
- Salt and pepper to season
- 2mug cups of water
- 1 chicken stock cube

Method

Add oil to the pot, add the chicken season with salt and pepper and cook until browned ,about 12mins

Remove set aside, in the same pot, fry garlic ,onions

Add bell peppers, chilli powder,paprika,cumin,tomato puree,canned tomatoes, cook for a couple of minutes

Add potatoes ,mix, pour water ,cover the pot cook for 12minutes.

Add chicken after 12mins,add back the chicken, sprinkle chicken stock cube.

Cover the pot ,cook for extra 25 minutes opening between. Use a fork to check of the potatoes are cooked through. If not cook for extra 5mins.

Enjoy