

Chicken and Plantain Stew

by: Ximena Jimenez, registered dietitian nutritionist

PREP TIME
15 minutes

COOK TIME
45 minutes



INGREDIENTS

- 3 medium tomatoes
- ½ large onion
- 1 ½ cups of baby carrots
- 2 cups of water
- 3 tablespoons olive oil
- 1 ½ pounds boneless, skinless chicken thighs
- 2 yellow plantains
- Paprika, oregano, basil, ground cumin and salt to taste

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.

Watch Ximena Jimenez make this recipe at homefoodsafety.org/video

“This stew is a nourishing and convenient meal that you and your family will enjoy! All you need is some brown rice, quinoa or your favorite grain to make it a complete dish.”

– Ximena Jimenez,
registered dietitian nutritionist