

Peruvian Estofado de Pollo

(Chicken Stew)

Ingredients

- 2 pounds of boneless, skinless chicken thighs
- 2 pounds small red potatoes, washed and cut into quarters
- 1 pound baby carrots, sliced into bit-sized pieces
- 1 large, white onion, cut in half and then quartered
- ½ pound celery, cut into bite-sized pieces
- 2T garlic
- 2 bottles of pasta sauces (choose your favorite flavor, or use one can of tomato paste and two cans of diced tomatoes for a thinner sauce)

Cooking Instructions

- Add cooking oil to bottom of a large stew pot
- Brown garlic in oil
- Brown chicken thighs
- Add vegetables
- Cover with pasta sauces
- Bring to boil and then lower heat and simmer until chicken is well cooked (30-45 minutes)

Serve over boiled, brown rice

Garnish with hot sauces of your choice