



Chicken Stew with Okra



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz frangelico whole canned
- ☐ 1.3 teaspoons ground pepper
- ☐ 3 lb chicken cut into 10 serving pieces
- ☐ 4 garlic clove with 1 teaspoon salt minced mashed
- ☐ 14 fl. oz. chicken broth reduced-sodium
- ☐ 10 oz okra frozen thawed
- ☐ 1 medium onion chopped
- ☐ 0.3 cup palm shortening

- ☐ 6 servings rice
- ☐ 1 teaspoon salt
- ☐ 0.5 cup creamy peanut butter at room temperature
- ☐ 1 lb sweet potatoes and into
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup water

Equipment

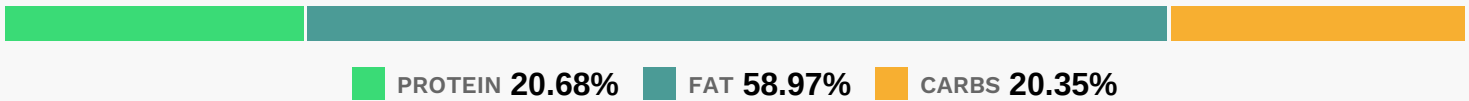
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Arrange chicken in 1 layer on a tray, then sprinkle with salt and let stand at room temperature 30 minutes.
- ☐ While chicken stands, pulse tomatoes with their juice in a food processor until finely chopped.
- ☐ Stir water into tomato paste in a small bowl until smooth.
- ☐ Pat chicken dry.
- ☐ Heat oil in a 10- to 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, without crowding, in 3 or 4 batches, turning over occasionally, until golden, about 6 minutes per batch.
- ☐ Transfer with tongs as browned to a 6- to 7-quart heavy pot.
- ☐ Pour off all but 2 tablespoons fat from skillet, then add onion and cook over moderate heat, stirring occasionally, until edges are golden, 2 to 3 minutes.
- ☐ Add onion, chopped tomatoes, tomato paste mixture, garlic paste, and cayenne to chicken in pot.

- ☐
- Whisk together peanut butter and 1 cup broth in a bowl until smooth, then add to chicken along with remaining 3/4 cup broth, stirring to combine well (chicken will not be completely covered with liquid). Bring to a boil, uncovered, then reduce heat and simmer, covered, stirring occasionally (to prevent sticking), until chicken is very tender, 25 to 30 minutes.
- ☐
- Peel sweet potato and cut into 1-inch chunks. Stir into stew along with okra, then simmer, covered, until potato is tender but not falling apart, 10 to 12 minutes.
- ☐
- Chicken stew, without sweet potato and okra, can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat stew before proceeding with recipe.

Nutrition Facts



Properties

Glycemic Index:49.86, Glycemic Load:10.12, Inflammation Score:-10, Nutrition Score:25.911304587903%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg

Nutrients (% of daily need)

Calories: 553.28kcal (27.66%), Fat: 37.05g (57.01%), Saturated Fat: 11.48g (71.75%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 23.26g (8.46%), Sugar: 7.7g (8.55%), Cholesterol: 81.65mg (27.22%), Sodium: 665.48mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.49%), Vitamin A: 11471.16IU (229.42%), Vitamin B3: 12.35mg (61.77%), Manganese: 1mg (49.83%), Vitamin B6: 0.81mg (40.66%), Phosphorus: 333.14mg (33.31%), Vitamin E: 4.4mg (29.36%), Magnesium: 110.19mg (27.55%), Selenium: 18.19µg (25.98%), Potassium: 880.88mg (25.17%), Fiber: 5.51g (22.04%), Vitamin C: 17.89mg (21.69%), Vitamin B5: 1.99mg (19.91%), Copper: 0.38mg (19.08%), Vitamin K: 19.62µg (18.68%), Vitamin B1: 0.27mg (17.74%), Zinc: 2.65mg (17.69%), Vitamin B2: 0.29mg (16.85%), Folate: 66.39µg (16.6%), Iron: 2.53mg (14.04%), Calcium: 97.88mg (9.79%), Vitamin B12: 0.41µg (6.77%), Vitamin D: 0.22µg (1.45%)