

Ingredients

Cooking
is
Bliss!



- 2 pounds of boneless chicken thighs
- 2 tsp Salt
- 2 tsp roasted garlic powder
- 2 tsp turmeric
- 2 tbsp Curry powder
- 1 tbsp dash of the original blend
- 2 limes
- 3 stems of green onions
- 1 tbsp olive oil
- 1 medium onion sliced
- 3 mini bell Peppers
- $\frac{3}{4}$ c chicken stock
- $\frac{1}{2}$ tsp curry powder
- 1 tsp chicken bouillon
- $\frac{1}{2}$ c carrots
- 1 c potatoes



Instructions

1. Cut chicken thighs into small pieces & season with salt, garlic powder, turmeric, curry powder, Mrs. Dash's original blend, the juice of two limes, & green onions. Refrigerate overnight. 30 minutes will do if that's all the time you have.
2. Heat the saucepan to medium-high & add one tablespoon of olive oil. Sear all chicken pieces on each side then set aside on a plate.
3. Add onions to the pan along with bell peppers & green onions. Cook for 2-3 minutes then add the chicken stock with curry powder & chicken bouillon. Stir & allow to simmer for about 2 minutes then add carrots & potatoes.
4. Return chicken to the pan, with broth and vegetables, then cover & cook on medium-high for 15 minutes. Then, reduce heat to simmer for 10-15 minutes.
5. Serve with white rice, coleslaw, fried plantain, & sweet corn.

