

Chicken stew

serves 4–6

- 3 chicken breasts, skinless
- 3 T vegetable oil
- 1 medium onion, diced
- 1 tsp garlic paste
- 1 tsp fresh ginger paste
- 1 tsp curry
- 1 T stir-fry sauce
- ½ small head green cabbage, diced
- 4 carrots sliced
- 1 small bunch broccoli, chopped
- 2 cups basmati rice, cooked

Instructions

Slice the chicken breasts into bite-sized pieces. Set aside.

In a large pot, heat oil and sauté onions until caramelized. Add the chicken, garlic, ginger and curry. Add ¼ cup water and the stir-fry sauce; mix well. Cover and cook on medium-low heat until chicken is no longer pink inside. Add the vegetables and more water (if needed). Cover and cook until vegetables are tender and chicken is thoroughly cooked – about 20 minutes. Serve with basmati rice.

Recipe provided by Flamingo Ethiopian Restaurant in St. Paul, analyzed by HealthPartners Nutrition Services for EBAN



Nutrition Facts	
Serving Size (423g)	
Servings Per Container 4	
Amount Per Serving	
Calories 490	Calories from Fat 120
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	% Daily Value*
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 260mg	11%
Total Carbohydrate 62g	21%
Dietary Fiber 8g	32%
Sugars 10g	
Protein 29g	
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Vitamin A 220%	• Vitamin C 230%
Calcium 15%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	