

RICE STEW RECIPE

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Here is how to make classic Nigerian red stew with chicken or the meat of your choice. There are two things you need to know about stew recipe: Spicy and thick.

Prep Time - 5 Minutes

Cook Time - 40 Minutes

Total Time - 45 Minutes

Servings - 6 People

Ingredients

- 6 Roma tomatoes cut in halves
- ¾ White onion divided
- 1 Green bell pepper seeded and cut in half
- 2 Habanero or scotch bonnet peppers
- 2 Tablespoons water
- Olive oil
- 1 Rounded tablespoon tomato paste
- 1 Small can tomato sauce
- 2 Chicken bouillon cubes crushed (get the ones with NO monosodium glutamate (MSG))
- Curry powder to taste
- Black pepper to taste
- White pepper to taste
- Sea salt to taste
- 6 Pieces meat of your choice I used chicken drumsticks
- 6 Cups cooked rice I use brown rice

Instructions

1. Add tomatoes, peppers, ½ onion, and splash of water to a blender and liquefy. Set aside.
2. Meanwhile, slice the remaining onion and add it, along with the oil, chicken, bullion, black pepper, and curry powder to another pot and cook over medium to medium-high heat for about ten minutes or until chicken begins to change color and release juices.
3. Pour tomato mixture into pot of heated oil to cook and then stir in tomato paste and sauce. Let this cook, stirring regularly and reduce heat to medium if it begins to splatter too much.
4. After 10 minutes or so, the tomato mixture should become bubbly, thickened, and darker in color. Continue stirring to release more of the liquid. The oil that cooked the chicken will cook the raw tomato taste out of the stew.
5. Next, taste test and salt the stew as necessary. The bullion has a lot of salt so you may not need to add much.
6. Continue cooking until the stew reaches your desired consistency and some of the oil dissipates. If desired, spoon out any excess oil upon completion.