

Treasure Barrel

African Chicken Stew Recipe

20 min Prep time	**1 h 15 min** Cook time	**1 h 35 min** Total time
6 Servings	**Medium** Difficulty	**African** Cuisine

Ingredients

For the Chicken

- [ ] 2 lbs chicken thighs (bone-in, skin-on)
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 2 tablespoons vegetable oil

For the Stew Base

- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, minced
- [ ] 2 bell peppers (1 red, 1 green), chopped
- [ ] 2 cups chicken broth
- [ ] 1 can (28 oz) whole tomatoes, crushed by hand
- [ ] 2 bay leaves

Spice Blend

- [ ] 2 teaspoons paprika
- [ ] 1 teaspoon cayenne pepper (adjust to taste)
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1/2 teaspoon ground nutmeg
- [ ] 1 teaspoon salt

For Serving

- [ ] Fresh parsley or cilantro, chopped
- [ ] Lemon wedges

Instructions

1. Pat the chicken thighs dry with paper towels and season with salt and pepper. Heat oil in a large, heavy-bottomed pot over medium-high heat. Brown the chicken in batches, skin-side down first, until golden brown—about 4-5 minutes per side. Don't overcrowd the pan. Transfer to a plate and set aside.

2. Reduce heat to medium. Add chopped onion to the same pot and cook until softened, about 5 minutes. Add garlic and ginger, cooking for another minute until fragrant. Stir in the spice blend (paprika, cayenne, cinnamon, nutmeg, and salt) and cook for 30 seconds to toast the spices.

3. Add the chopped bell peppers and cook for 3-4 minutes until they begin to soften. Pour in the crushed tomatoes and chicken broth, scraping up any browned bits from the bottom of the pot. Add the bay leaves.

4. Return the chicken thighs to the pot, nestling them into the sauce. Bring to a simmer, then reduce heat to low, cover, and let it bubble gently for 45-50 minutes, until the chicken is tender and cooked through.

5. Remove the lid and simmer for another 15-20 minutes to allow the sauce to thicken slightly. Taste and adjust seasoning—you might need more salt or a squeeze of lemon juice to brighten the flavors.

6 Remove bay leaves. Serve hot garnished with fresh herbs and lemon wedges. This stew pairs beautifully with rice, or for something different, try it with garlic bread to soak up all that delicious sauce.

Nutrition per serving

320 kcal	28 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The stew will seem thin at first but thickens as it simmers—be patient
- Leftovers taste even better the next day as flavors continue to develop
- Freeze portions for quick meals later—it reheats beautifully
- Adjust the spice level to your preference with more or less cayenne