

Nyam and Go

How to make Nigerian Chicken Stew (Red Tomato Stew)



Spicy and aromatic Nigerian Chicken Stew made with roma tomatoes, red bell peppers, and seasoned chicken. A very classic and popular dish from Nigeria that can be eaten with many things.

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Cuisine: Nigerian

Ingredients

For the Stew

- ¼-1/2 cup vegetable oil
- 3 pounds chicken cut in pieces
- 4 roma tomatoes, chopped
- 1 28 oz can whole peeled plum tomatoes, discard the liquid
- 2 tbsp tomato paste
- 1 red bell pepper, chopped
- 2 habanero peppers
- 1 medium onion sliced
- 1½ teaspoon dried thyme
- 1 Tablespoon Nigerian red pepper (or Cameroonian red pepper) **
- 1 teaspoon Accent
- 1 bay leaf
- 1 chicken bouillon cube
- Salt and pepper to taste
- 1 cup of chicken stock



- water as needed

For the Chicken

- salt and pepper to taste
- 1 tablespoon thyme
- 1 teaspoon garlic powder
- 1 chicken bouillon cube

Method

1. Wash and cut chicken into bite-sized cubes or pieces.
2. Place in a pot and add water, thyme, chicken bouillon cube, salt and black pepper to taste. Cook the chicken until done and then fry until golden brown. Place the chicken on a rack and cook in the oven at 350 degrees for 10 minutes. Set aside.
3. Blend the tomatoes, habanero peppers, bell peppers in a blender until pureed.
4. In a large pot heat up the vegetable oil and add the sliced onions frying just until they turn golden brown.
5. Add the tomato mixture and fry for about 25 minutes until the mixture reduces in size, turns a deep red, and the oil begins to separate from the tomatoes. Stir continuously to prevent burning at the bottom. Add the tomato paste and fry for an additional 5 minutes.
6. Add the chicken stock and seasonings (dried thyme, red pepper, accent, bouillon cube, and bay leaf).
7. Stir together, and add more water if needed. Continue to simmer for 15 minutes.
8. Serve with rice, beans, or anything of your choice.

Notes

** No Nigerian or Cameroonian red pepper? Cayenne pepper works just fine

<http://www.evseats.com/nigerian-chicken-stew/>