

# Chicken Afritada

55 minutes

## Ingredients (4 servings)

1 yellow onion  
4 cloves garlic  
1 chicken breast  
1 medium potato  
1 sweet pepper  
4 medium carrots  
1 (14 ounce) can tomato sauce  
1 cup green peas  
1 tbsp tamari (or soy sauce)  
1/8 tsp fish sauce  
1/4 tsp black pepper  
1 bay leaf  
Cooking oil (avocado, sunflower or olive oil)



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

## Instructions

1. Roughly chop onions, garlic, carrots, potatoes, and sweet pepper. Thinly slice chicken breast.
2. Heat 3 tbsp of cooking oil in a medium to large saucepan over medium heat and add onions and garlic. Cook until soft. Add chicken pieces and cook for 30 seconds each side before adding tomato sauce and 1 cup of water.
3. Stir in potatoes and carrots and simmer for 15 minutes.
4. Add in sweet pepper, green peas, and seasoning (tamari, fish sauce, pepper, bay leaf), and return to simmer for 25 to 30 minutes add water as necessary to keep sauce from sticking to the bottom of the pan.
5. Enjoy!