



Chicken Stew- kuku kienyeji is one of the heartiest meals on the face of the earth. I added more soul to this recipe ingredients you can readily get.

### Ingredients

1 large onion, diced

1 tablespoon tomato paste

Salt and freshly ground black pepper

1 large green bell pepper diced

1 Whole kienyeji chicken

1 bunch chopped fresh coriander

4 chopped tomatoes

5 cloves of garlic



1 teaspoon of black pepper

### Method

Put your chicken to boil until the meat is tender.

In a separate sufuria, sauté your onions, black pepper, garlic and half of your until they are soft. To this add your tomatoes, the remaining bell peppers and the tomato paste and let this sauté for about 5 minutes.

Let this simmer on low heat so that all the flavors sink, amalgamate in and the chicken tenderizes even further. The chicken will attain a beautiful into a stew consistency after about 8-10 minutes. Add your finely chopped coriander mix it in then take it from the heat immediately after. Ladle the stew into serving bowls and serve



SERVE WITH: ugali, rice, mashed/grilled/roast potatoes

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chicken-stew-kuku-kienyeji/>