

Long Livo

Chicken Afritada Spanish Style Chicken Stew

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**Filipino** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs chicken thighs, bone-in and skin-on
- [ ] 2 medium potatoes, peeled and cubed
- [ ] 1 red bell pepper, sliced
- [ ] 1 green bell pepper, sliced
- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons cooking oil

Sauce and Seasonings

- [ ] 2 cups tomato sauce
- [ ] 1 cup water or chicken broth
- [ ] 2 bay leaves
- [ ] 1 tablespoon fish sauce
- [ ] 1 teaspoon black pepper
- [ ] 1 teaspoon sugar
- [ ] Salt to taste

Instructions

1. Pat chicken dry and season with salt and pepper. Heat oil in a large pot over medium-high heat. Brown chicken on both sides, about 4-5 minutes per side. Remove and set aside.
2. In the same pot, sauté onions until translucent, about 3 minutes. Add garlic and cook until fragrant, about 1 minute. Be careful not to burn the garlic.
3. Pour in tomato sauce and water, scraping the bottom to release any browned bits. Add bay leaves, fish sauce, black pepper, and sugar. Bring to a simmer.
4. Return chicken to the pot. Reduce heat to low, cover, and simmer for 20 minutes. The sauce should be bubbling gently.
5. Add potatoes, cover again, and simmer for another 15 minutes until potatoes are nearly tender. Sometimes I'll make a quick egg stir-fry while I wait - it's a nice light accompaniment.
6. Add bell peppers and cook uncovered for 5-7 minutes until peppers are tender-crisp. The sauce should thicken slightly. If it's too thin, you can mash some potatoes against the pot side.
7. Taste and adjust seasoning. Remove bay leaves. Let rest 5 minutes before serving over rice.

Nutrition per serving

380 kcal	32 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Better the next day - make ahead if possible
- Freezes well for up to 3 months
- Serve with white rice to soak up the delicious sauce
- Garnish with green onions or parsley if desired