



Jamaican Chicken Stew

Yield: 6-8 oz. portions

2 Tbsp.	Olive Oil
¾ c	Yellow Onion, diced
1 tsp.	Garlic, minced
1 lb.	Chicken Breast, raw, cubed
1 tsp.	Curry Powder
1 tsp.	Thyme
¼ tsp.	Allspice
½ tsp.	Red Pepper Flakes
½ tsp.	Black Pepper, ground
¼ c.	Red Wine
15 oz.	Black Beans, drained
15 oz.	Diced Tomatoes and Juice
2 tsp.	Capers, rinsed
Dash	Salt
	Parsley, chopped

1. Sauté onions and garlic in oil over medium heat until onions are translucent (3-4 minutes).
2. Add chicken and spices. Sauté until chicken is lightly browned but not cooked through.
3. Add wine, beans and tomatoes and bring to a boil. Simmer until thickened slightly (5-8 minutes). For thicker sauce, add light slurry of 1 Tbsp. corn starch and 1 Tbsp. water and simmer briefly.
4. Add capers. Adjust seasoning to taste.
5. Serve over rice with parsley garnish.