

From the kitchen of David and Jennifer Deaven

id: tigadege,v.1.3 2018/05/27 14:21:49 deaven Exp \$

- Servings: 6
8. Serve over rice or couscous.
 7. Add (G), stir, cook covered 10 minutes.
 6. Add reserved chicken and (F). Cook over medium heat, covered, 15 minutes.
 5. Add (E) gradually, stirring.

Meat/Tigadege

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- A: 1/2C olive oil
1 1/2# chicken, cut up
- B: 1 onion, cut into 1" pieces
1c garlic, minced
- C: 2T flour
- D: 3/4C peanut butter
- E: 6oz tomato paste
20oz chicken stock
salt & pepper to taste
- F: 2C carrots, cut into 1/2" pieces
1/2 cabbage, cut into 2" pieces
4 potatoes, cut into 3/4" pieces
- G: 10oz chopped spinach (frozen)
1. Heat (A) in 10qt pot, brown chicken on all sides.
 2. Remove chicken and reserve. Add (B) and saute 3-4 minutes.
 3. Add (C), cook until bubbly.
 4. Add (D), stir until peanut butter is melted.



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