



Spicy Braised Chicken Thighs with Black Eyed Peas or White Beans

Healthy, flavorful, and juicy chicken. Make in large batches and enjoy throughout the week.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 g
1 1/2 lb (~4)	Chicken Thighs, skin removed	682.5 g
1/8 tsp	Kosher Salt	3 g
1/4 tsp	Black Pepper, ground	0.6 g
1 each	White Onion, medium dice	1 each
2 each	Celery Stalks, sliced	2 each
2 each	Carrots, cut into rounds	2 each
4 cloves	Garlic, rough chop	4 cloves
1/2 cup	Dry White Wine	118 mL
1 tsp	Cumin, ground	2.6 g
1/4 tsp	Cayenne Pepper	0.7 g
1 Tbsp	Paprika	7.8 g
1/4 tsp	Cinnamon, ground	0.7 g
1 cup	Black Eyed Peas or 1 (15 oz) can of White Beans	113 g
2 Tbsp	Black Olives, drained, sliced	28.3 g
1 (15 oz) can	Tomatoes, diced	423.8 g
1 cup	Vegetable Stock or Water, no sodium added	237 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 325°F (160°C)
3. sprinkle then rub the chicken with the salt and pepper.
4. Place a medium pot over medium-high heat and add olive oil.
5. Place chicken into hot oil. Sear until meat is golden brown, adjusting heat if necessary, then flip and brown on other side. Remove the chicken from the pot and set aside.
6. Add the onion, celery and carrots and cook for about 4 minutes, stirring frequently. The onions will begin to turn translucent. Add garlic and cook for one more minute.
7. To deglaze, add white wine and scrape the brown bits or fond off the bottom of the pan. Add the spices or seasonings and stir.
8. Add to the pot the chicken thighs, black eyed peas, olives, tomatoes, and enough stock to cover the chicken. If white beans are being used, make sure they are drained and rinsed.
9. Once simmering, cover pot with a lid or aluminum foil and place in the oven. Braise until chicken reaches an internal temperature of 165°F (74°C), about 30 minutes.
10. Remove from oven and serve warm.

Nutrition Facts

4 Servings

Serving size 1/2 cup beans with a chicken thigh

Amount per serving

Calories 410

Calories from Fat 90

Total Fat 10 g

Saturated Fat 1.5 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 95 mg

Sodium 420 mg

Total Carbohydrate 36 g

Dietary Fiber 8 g

Total Sugars 3 g

Includes 0 g Added Sugars

Protein 35 g

Vitamin D 0 %

Calcium 4 %

Iron 4 %

Potassium 542 mg

Phosphorus 39 mg