

# Jamaican Brown Stew

By Chef Darian Bryan



## INGREDIENTS:

- 1 lb. chicken thighs
- Juice from 1 lime
- 1 large tomato, chopped
- 4 scallions, chopped
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 Tbsp. low sodium soy sauce
- 1 tsp. olive oil
- 2 carrots, chopped
- 2 tsp. cornstarch
- 1 1/2 cups unsweetened coconut milk
- 3 cups brown rice, cooked

## DIRECTIONS:

1. Remove skin and bone from chicken. Squeeze lime juice over chicken and rub well.
2. Combine tomato, scallion, onion, garlic and soy sauce in a large bowl and add to the chicken. Cover and marinate at least one hour.
3. Heat oil in a large saucepan. Place chicken into pan and lightly brown the chicken on medium heat. 5 minutes on each side.
4. Next, pour the remaining marinade over the chicken and add the carrots. Stir and cook over medium heat for 10 minutes.
5. Mix cornstarch and coconut milk and add to stew, stirring constantly. Reduce heat to low and cook an additional 20 minutes or until tender.
6. Plate one chicken thigh over 1/2 cup cooked brown rice and enjoy!

# MEAL KIT SHOPPING LIST



25 min

Yield: 6 servings



1 lb. chicken thighs



2 carrots



1 lime



1 can unsweetened coconut milk



1 tomato



1 bag brown rice



1 bunch scallions



1 yellow onion



2 garlic cloves

## Seasonings and more:

- soy sauce, low sodium
- cornstarch
- olive oil

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[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

*Healthy Options.*  
*Cooking at Home*

Grocery cost: \$15.43

Recipe cost: \$12.51

Cost per meal: \$2.09

\*prices found at Wegmans as  
of August 2024