

Pollo Guisado (Braised Chicken) Panamanian Style

Ingredients

- 1 tablespoon Extra Virgin Olive oil or Canola oil
- 6 chicken breasts (or chicken parts of your choice)
- ¾ cup small onion, chopped
- 2-3 cloves of garlic, minced
- Seasoned salt
- 1 cube chicken bouillon (can use granules)
- 1 red bell pepper (can use red and green peppers)
- 1 teaspoon oregano
- 1 teaspoon of low sodium Soy Sauce
- Salt and ground pepper to taste
- 2 small potatoes cut in cubes
- ¾ cup sweet red pepper, cut in chunks
- 1 small tomato, chopped
- 1 can (8 oz) tomato sauce
- 1 packet Goya Sazon
- 1-2 tablespoons cilantro

Directions

- Heat oil in large nonstick pan over medium high
- Sprinkle chicken with seasoned salt to taste and brown in oil for about 5-8 minutes turning frequently
- Add onions and stir well; brown for 6 minutes
- Add garlic and oregano; continue browning
- Add Soy Sauce and mix well
- Add vegetables coating everything with the spices
- Pour sauce, chicken bouillon, and Goya Sazon; stir well
- Cover, bring to a boil, reduce heat to low and simmer for 30-35 minutes

Note: Check pan 15 minutes into the cooking time and add a bit of water, if needed, to ensure that vegetables have enough liquid to cook. Serve over white rice, if desired.