

Chicken with Onions and Tomatoes

Ingredients

- 3.5 lbs chicken parts
- salt & pepper to taste
- 1 Tbsp cooking oil or rendered chicken fat
- 1/2 cup water
- 3 medium onions, chopped
- 1 lb potatoes, cubed
- 2 lbs tomatoes, chopped or 2 cups diced tomatoes
- 4 garlic cloves, minced
- 1/4 cup chopped basil
- 1/4 cup chopped cilantro

Directions

Lightly season chicken parts with salt and pepper.

Heat oil or rendered fat over high heat in a large saute pan. Add the chicken parts skin side down and cook for 2-3 minutes. Add a couple of tablespoons of water and continue cooking for another 2 minutes. Turn chicken, add half of the remaining water, cook 3 minutes and add the rest of the water and cook for 2 more minutes. Add the chopped onions and cubed potatoes. Cover, bring heat to low and let simmer.

Meanwhile, heat a medium pot over medium heat. Add the tomatoes, garlic, basil, cilantro and salt and pepper to taste. Stir well, cover, reduce heat to low and let simmer for 15 minutes.

Add the tomato sauce to the chicken, stir well, cover and cook until the chicken is cooked through, around 20 minutes.