

# Liberian Chicken Gravy

## Ingredients

- 2 lbs chicken drumsticks or wings
- 1 tsp smoked paprika
- 1/2 tsp ground turmeric
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp cayenne
- 1/4 tsp black pepper
- 1 yellow onion, thickly sliced
- 4 garlic cloves, peeled and halved
- 1 red bell pepper, stems removed and sliced
- 1/2 green bell pepper, stems removed and sliced
- 1- 2 habanero peppers, stems and seeds removed (optional), halved
- 1 Maggi seasoning cube
- 1 Tbsp. olive oil
- 1/4 cup tomato paste
- 2 Tbsp coconut aminos or soy sauce (optional)
- 1 Tbsp peanut butter (optional)
- 1 cup chicken broth

## Directions

Rinse and pat dry chicken parts. In a small bowl, mix together the paprika, turmeric, garlic powder, salt, cayenne and black pepper. Rub this mix all over the chicken parts and let sit for 30 minutes.

Meanwhile, using an electric blender, puree together the onion, garlic, peppers and Maggi cube. Set aside.

Preheat oven to 400°F.

Heat the oil in a Dutch oven or large oven-safe pan over medium-high heat. Add the drumsticks and brown on all sides. Remove the chicken and turn heat down to medium.

Add the tomato paste and cook, stirring constantly, until the tomato paste darkens, about 2 minutes. Add the reserved pureed vegetables, the coconut aminos and peanut butter and continue cooking, stirring occasionally, until it thickens, about 7 minutes. Stir in the chicken broth and cook for 2 minutes.

Return drumsticks to the pan, season with salt to taste and toss. Transfer the pan to the oven and cook until the chicken is cooked through and the sauce is thick, about 40 minutes.