

Country Captain Chicken - Carolyn Monson

8 thighs (4 to 5#)

Remove skins, dredge in seasoned flour. Using a Dutch oven, fry until brown (approximately 3 min per side) - one layer at a time; remove to a bowl

¼ C olive oil. (add 2T more with each addition)

1t - 2t Fajita Seasoning (or mix of salt, pepper, & garlic powder

1/4 tsp. paprika

½ C flour

1 C onion, diced

½ C carrot, diced

½ C green bell pepper, chopped

½ cup celery, chopped (optional)

2 cloves garlic, minced

2 t curry powder

1/2 - 1 T parsley

1 t salt

1/2 tsp. thyme

½ C chicken broth

3 C petite diced tomatoes (or crushed tomatoes), undrained (1 28 oz can)

optional: 1/3 C currants or some sliced mushrooms

Remove chicken and cook onions, carrot, green pepper & celery until tender.

Add spices and sauté 1 minute.

Stir in tomatoes and bring to a boil.

Return chicken to Dutch oven and stir in broth. Bring back to a boil.

Bake at 350° for 45 minutes or, reduce heat and simmer for 40 minutes. .

Add mushrooms/currants and simmer 10 - 15 minutes before serving.

Serve in a ring of rice.