**Jenny's Cuban-Style Slow-Cooker Chicken Fricassee**

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"This is a typical Cuban dish. It's easy to make and quite tasty. This goes best over white rice and some fried plantains."

Original recipe yield: 8 servings.  
Prep Time:15 Minutes  
Cook Time:8 Hours  
Ready In:8 Hours 15 Minutes  
\*(This recipe has a few changes and modified to 2servings.)  
Servings:8  
  
INGREDIENTS:

1 large onion, chopped \*(1/4)  
6 cloves garlic, chopped \*(3 cloves)  
1/2 green bell pepper, chopped \*(none)  
8 small whole peeled potatoes \*(2 unpeeled red potatoes, quartered lengthwise)  
1 (8 ounce) can tomato sauce \*(same amount)  
1/2 cup dry white wine \*(1/2 cup chicken broth)  
1/2 tablespoon cumin  
1 leaf fresh sage  
salt and pepper to taste  
2 pounds chicken leg quarters \*(2 boneless chicken thighs)

DIRECTIONS:  
In a medium bowl, combine onion, garlic, bell pepper, and potatoes. Stir in tomato sauce and wine; season with cumin, sage leaf, and salt and pepper.  
Place chicken legs in slow cooker, and pour mixture over chicken. Cover, and cook on Low heat until juices run clear, about 6 to 8  
hours.  
Nutrition Info

Servings Per Recipe: 8  
Amount Per Serving  
Sodium: 316mg  
Total Carbs: 21.7g  
\*\* Dietary Fiber: 2.4g  
Protein: 23.4g

\*\* Nutrient information is not available for all ingredients. Amount is based on  
available nutrient data.  
  
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