

Whole Foods Recipe: Guatemalan Chicken Stew

Written by Arizona Foothills

Learn how to make delicious Guatemalan Chicken Stew with Tomatillo Sauce, courtesy of Whole Foods Market!



This beloved Guatemalan main course, also called pollo en jocon, is best served over rice with corn tortillas on the side for soaking up the rich and tangy tomatillo and green onion sauce. If you would like, use parsley as a flavorful substitute for the cilantro. For a more rustic version, serve the chicken on the bone. This recipe was inspired by Whole Planet Foundation microcredit clients who live in the Lake Atitlan region of Guatemala.

Serves 8

Ingredients

- 1 pound tomatillos, husked and rinsed
- 4 bone-in, skinless chicken thighs (about 1 1/2 pounds)
- 2 bone-in, skinless chicken breasts (about 1 1/2 pounds)
- 1 to 2 jalapeños, stemmed and halved lengthwise
- Salt and pepper to taste
- 1 tablespoon extra virgin olive oil
- 1/2 cup roughly chopped cilantro, plus more for garnish
- 6 green onions, trimmed and roughly chopped
- 3 cloves garlic, roughly chopped
- 1 green bell pepper, cored, seeded and roughly chopped
- 1/2 cup pumpkin seeds (pepitas), toasted
- 1/4 cup sesame seeds, toasted
- 2 (8-inch) corn tortillas, torn into pieces

Method

Put 6 cups water, tomatillos, chicken, jalapeños and salt into a large pot and bring to a boil. Reduce heat to medium low and simmer until tomatillos and jalapeños are tender and chicken is cooked through, about 25 minutes. Drain, reserving broth, and set aside chicken, tomatillos and jalapeños.

Meanwhile, heat oil in a large skillet over medium heat. Add cilantro, green onions, garlic and bell pepper and cook until softened and golden brown, about 10 minutes; transfer to a blender. Add pumpkin seeds, sesame seeds, tortillas, 3 cups of the reserved broth, tomatillos and jalapeños (seeded first, if you like) and carefully purée until smooth; work in batches, if needed. (Reserve remaining broth for another use.)

Transfer contents of blender to a large pot and bring to a boil. Reduce heat to medium low and simmer until thickened, about 10 minutes. Meanwhile, discard bones from chicken and shred meat. Transfer to pot with sauce and simmer for 10 minutes more. Ladle into bowls, garnish with cilantro and serve.

Nutrition

Per serving (about 7oz/204g-wt.): 280 calories (110 from fat), 12g total fat, 2g saturated fat, 85mg cholesterol, 220mg sodium, 11g total carbohydrate (2g dietary fiber, 3g sugar), 30g protein