Chicken Fricassee

INGREDIENTS
12 oz. can No salt added tomato sauce
1 lb. Chicken thighs
1 Medium white potato
3 Garlic Cloves
1 tbs. Oregano
1 cup White onion, diced
½ Green pepper, sliced
1 packet Sazon
1 tsp. Adobo – low sodium
2 tbs. Sofrito
½ cup Saugra (or cooking red wine)

INSTRUCTIONS
1. Put ingredients in a large skillet
2. Cook medium high for 15-20 minutes.
3. Lower heat and cook for an additional 15-20 minutes. Stir occasionally.

4 servings, 1 cup each

Nutrition facts – amount per serving
Calories: 190
Exchanges:
Carbohydrate: 20g 1 starch
Protein: 5g 1 very lean meat
Fat: 4g
Cholesterol: 15mg
Sodium: 400mg