

# Caribbean Chicken



6-8 boneless/skinless chicken thighs  
6-8 chicken drumsticks  
2 large tomatoes, chopped in big chunks  
2 large sweet onions, chopped in big chunks  
½ cup Worcestershire sauce  
1/3 cup balsamic vinegar  
½ cup fresh parsley, chopped  
1 tsp salt  
1 tsp pepper  
2 tsp dried thyme  
3 Tbsp olive oil  
4 Tbsp raw sugar  
½ cup organic ketchup

Serve over rice

- **1** Using kitchen scissors trim the skin off the drumsticks and even though the thighs are skinless they have a lot of fat that needs to be trimmed.
- **2** Once chicken is trimmed place in large bowl with the first 12 ingredients (through thyme). Cover bowl and refrigerate 30 minutes to an hour.
- **3** In a large pot heat olive oil over med high temp. Add the sugar and distribute evenly over the bottom of the pan. When the sugar begins to bubble, using tongs, place chicken pieces a few at a time in pot and brown all sides.
- **4** When all pieces are browned return them to the pot and add the ketchup and marinade along with 1 ¾ cups water. Stir until blended. Bring to a rapid boil, then lower temp, and partially cover pot for 45 minutes (stirring once or twice).
- **5** After 45 minutes remove lid and bring to a boil again for approx. 15 minutes to reduce the liquid and thicken the sauce.
- **6** Serve over rice.