

North African Chicken and Kale Stew

Serving Size: 1 cup

Serves 100

Ingredients:

- 18 lbs. boneless chicken tenders, thawed
- 4 tablespoons cumin
- 1/4 cup ground nutmeg
- 1/4 cup granulated garlic
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- 13 lbs. peppers and onions, frozen
- 1.5 #10 can (230 oz) canned diced tomatoes
- 3 cups vegetable oil, divided
- 1/2 cup ground nutmeg
- 1/2 cup granulated garlic
- 1/2 cup salt
- 2 quarts water
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- 6 lbs fresh kale

Instructions:

1. Preheat oven to 350 degrees.
2. Lay chicken tenders in an even layer on a parchment-lined pan.
3. Drizzle with 1 cup oil, and sprinkle with cumin, garlic, and nutmeg.
4. Bake for 25-30 minutes, or until the internal temperature reaches 165 degrees.
5. Puree onions and peppers.
6. Puree tomatoes.
7. Add 2 cups oil to the kettle; add pureed vegetables and simmer for 10-15 minutes, giving an occasional stir.
8. Add nutmeg, garlic, and salt. Simmer for another 10 minutes.
9. Add water and allow to simmer for 20 minutes.
10. Squeeze any excess water from the kale and add to stew.
11. Add chicken. Simmer for 20 minutes. Hold for hot service, >135 degrees.

Meal pattern contribution:

One portion equals 2 oz meat/meat alternate, 1/4 cup dark green, 1/8 cup red/orange and 1/4 cup other vegetable.

Tips:

1. Serve with 1/2 cup of grain, such as rice, couscous, to equal 1 oz grain or a 2 oz flatbread to equal 2 oz grain.
2. To make this meal Halal friendly, use Halal certified chicken.

Did you Know...

North Africa is made up of Morocco, Algeria, Egypt, Libya, Sudan, South Sudan, Western Sahara, and Tunisia.

This region is commonly known as "Maghreb", which is the Arabic word for "West".

As you can imagine, the cuisine of North Africa has many influences, both cultural and religious. These influences come from European colonization (especially Spain), Arabic roots, a large Muslim population, and the Roman and Ottoman empires.

Stewing, steaming, and baking are the foundations of North African cooking. Often, excess liquid from stew is used to flavor grains, or used as sauces for breads and couscous.

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The main proteins in North African cuisine are sheep (lamb and mutton), goat, pigeon, chicken, and fish. Because much of the population are Muslims, pork and pork products are rarely used.