

Tanzania Chicken

Ingredients:

1 stewing hen
1 14-oz. Can tomatoes
1 chopped onion
1 tbsp turmeric
1 tbsp garlic powder
½ tsp. Chili powder
½ tsp curry powder
Salt and pepper

Directions:

Cut up chicken and cook, keeping meat on bones.
Mix together all remaining ingredients.
(Adjust spices to taste)
Pour over chicken and simmer together.
You can also add a bit of tomato paste and sugar.
Thicken a bit.
Serve on rice.