

# Chicken Charlena

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\*A simple, savory dish perfect for your move-in kitchen.\*

## Ingredients:

- Chicken cuts of your choice (breasts, thighs, drumsticks, etc.)
- Cooking oil of your choice (olive, avocado, etc.)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 can tomato sauce (approx. 15 oz)
- 1 packet of your favorite chicken sachet seasoning
- Salt and pepper to taste
- Optional: 1/2 cup green peas

## Instructions:

1. **Sear the Chicken:** Heat a pan with your preferred cooking oil. Sear chicken on all sides over medium-high heat until lightly browned. Do not cook through. Remove and set aside in a medium pot or Dutch oven.
2. **Make the Sauce:** In the same pan, sauté chopped onion and garlic until translucent and fragrant. Add the tomato sauce and stir well.
3. **Combine and Season:** Pour the sauce into the pot with the chicken. Add chicken sachet seasoning, salt, and pepper to taste.
4. **Simmer:** Cover and let simmer on low to medium heat for about 30–40 minutes, until chicken is fully cooked and tender.
5. **Optional Touch:** Stir in green peas during the last 5–10 minutes for added flavor and color.

## Serving Suggestions:

- Roasted potatoes
- Steamed rice
- Warm bread

Enjoy your Chicken Charlena!