Puerto Rican Chicken Recipes

Puerto Rican Chicken Recipes uses boneless skinless chicken thighs and the braising method. Cut potatoes evenly so they finish with the braised chicken.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
20 min	**40 min**	**5 min**	**4**	**Easy**

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp black pepper
- 1 onion (150 g), diced
- 1 bell pepper (150 g), diced
- 3 garlic cloves (9 g), minced
- 1/2 cup (120 g) tomato sauce
- 1 cup (240 ml) chicken broth
- 1 lb (450 g) potatoes, cubed
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin

Ingredient Notes

Cut potatoes evenly so they finish with the braised chicken.

Instructions

1. Season thighs with salt, pepper, oregano and cumin.
2. Heat oil over medium-high heat in a lidded pot; brown thighs 4 minutes per side and remove.
3. Soften onion and pepper 5 minutes; add garlic for 30 seconds, then tomato sauce, broth and potatoes.
4. Return chicken, cover and simmer 25–30 minutes until potatoes are tender and chicken reaches 165°F (74°C). Rest 5 minutes.

Temperature & Doneness

Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

Key Tips

- Cut potatoes evenly so they finish with the braised chicken.
- Measure ingredients before starting. Keep utensils used for raw chicken separate from cooked food.

Common Mistakes

- Relying only on color or elapsed time.
- Crowding the pan and preventing even cooking.
- Using pieces of very different thickness.

Variations

- Olive: add 2 tbsp sliced green olives.
- Carrot: replace half the potatoes with carrots.
- Herb: finish with cilantro.

Serving

Serve with white rice.

Storage & Reheating

Storage: Refrigerate within 2 hours, or 1 hour above 90°F (32°C), in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, including prior storage of any cooked chicken.

Freezing: Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. Freeze fresh salad sides separately.

Reheating: Reheat chicken and cooked leftovers to 165°F (74°C). Warm gently in a covered pan with a splash of water or broth; use a 375°F (190°C) oven for crumb-coated chicken. Keep fresh salad sides separate.

FAQs

Which chicken cut should I use? Use boneless skinless chicken thighs as listed; other cuts need different cooking times.

How do I check doneness? Use a thermometer and check the thickest chicken reaches 165°F (74°C).

Can I prepare it ahead? Measure ingredients ahead and refrigerate perishable components; cool and store leftovers promptly.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures — https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts