

# Chicken with Tomatoes

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*3 to 3-1/2 pound chicken  
1/2 cup flour  
1 tablespoon salt  
1/2 teaspoon pepper  
2 teaspoons paprika  
1/4 cup margarine  
1 medium onion  
1 clove garlic  
1/4 cup blanched almonds  
3 tablespoons flour  
1 can (one pound) tomatoes  
1 tablespoon tomato paste  
2 cups chicken stock  
3/4 cup sweet cream  
3/4 cup cheddar cheese,  
grated*

Preheat the oven to 325 degrees.

Cut the chicken in quarters. Coat with a mixture of flour, salt, pepper and paprika. Fry in margarine in a large skillet until beautifully brown.

While the chicken browns, chop the onion fine, crush the garlic and cut the almonds into slivers.

Transfer the chicken to a baking dish or large casserole.

In the skillet, add the onions, garlic and almonds to the fat in which the chicken fried (add more margarine if the skillet seems dry). Cook over low heat until the onions are limp and the almonds turn beige. Stir in three tablespoons of flour smoothly.

Add the tomatoes, tomato paste and chicken stock. Cook until the mixture bubbles, stirring constantly. Remove from the heat and stir in the cream, small amounts at a time to prevent curdling. Pour the sauce over the chicken.

Bake for 30 to 40 minutes or until the chicken is tender when tested with a fork.

Just before serving, sprinkle the top with cheese and broil until the cheese melts.

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Per Serving (excluding unknown items): 11499 Calories; 840g Fat (67.0% calories from fat); 822g Protein; 109g Carbohydrate; 10g Dietary Fiber; 4320mg Cholesterol; 15092mg Sodium. Exchanges: 5 Grain(Starch); 112 1/2 Lean Meat; 3 1/2 Vegetable; 97 1/2 Fat.