

BROWN STEW 'CHICKEN'

ingredients

- 1 lb king trumpet mushrooms, sliced longwise
- 3 tbsp brown sugar
- 2 tsp browning sauce
- 3 tsp onion powder
- 1 tbsp paprika
- 1/4 tsp allspice
- Salt to taste
- 1 scotch bonnet pepper, seeds removed and chopped (opt)
- 1 large carrot, sliced
- 1 yellow onion, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, choppe
- 2 tbsp ketchup
- 1 cup vegetable broth
- 1 cup water, hot
- 4 - 5 garlic cloves, chopped
- 1 tbsp inch ginger, chopped
- 2-3 tbsp neutral oil
- 3-4 scallions chopped

instructions

1. In a large bowl, combine sliced trumpet mushrooms with brown sugar, browning sauce, garlic powder, onion powder, paprika, dried thyme, allspice, and salt. Mix well and marinate for at least 10 minutes - 1 hour.
2. Heat oil in a large skillet over medium heat. Remove mushrooms from the marinade, reserving the vegetables and spices. Add chopped carrots, onions, peppers, garlic, and ginger to boil.
3. In a separate pan, add oil and some of the scallions, browning the mushrooms for 2-3 minutes per side.
4. Add mushrooms to the vegetables and spices pan and sauté until softened.
5. Uncover and simmer for an additional 5-10 minutes to reduce the gravy. Taste and adjust seasoning if needed.

