Chicken Adobo

Ingredients:

- 2 tablespoons of vegetable oil
- 3-pounds cut-up chicken
- 1 large sliced and quartered onion
- 2 tablespoons minced garlic
- 1/3 cup white vinegar
- 2/3 cup low-sodium soy sauce
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 1 bay leaf

Directions:

1. Heat 2 tablespoons of vegetable oil in a large skillet over medium-high heat. Add a 3-pound cut-up chicken, and cook until both sides of the chicken pieces are golden-brown in color.
2. Remove the chicken from the skillet, and add 1 large sliced and quartered onion and 2 tablespoons minced garlic to the skillet. Cook the onion and garlic about six minutes or until soft and brown.
3. Pour 1/3 cup white vinegar and 2/3 cup low-sodium soy sauce into the onion and garlic mixture. Season with 1 tablespoon each black pepper and garlic powder and 1 bay leaf.
4. Return the chicken to the skillet, and turn the heat to high. Bring the mixture to a boil, reduce the heat to medium-low, and simmer for around 35 to 40 minutes or until the chicken is cooked through and tender.

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