

GUATEMALAN PEPIAN DE POLLO

DIRECTIONS:

1. Cook chicken until tender.
 2. In a pan, cook pepita and sesame seeds until golden (put on plate and set aside).
 3. In a pan, boil chilies, cilantro, onions, and garlic.
 4. Blend all the ingredients, including the meat in a large pot.
 5. Add carrots and chayote in pot.
 6. Cook until almost tender, then add green beans.
 7. Cook until all ingredients are tender.
 8. Add salt and chicken bouillon to taste.
 9. Let it boil.
- Serve over white rice and enjoy!



- ½ cup of pepitas (pumpkin seeds)**
- 1/3 cup sesame seeds**
- 1 chili pasa**
- 2 chili guaque**
- 1 chili arbol**
- 3 lbs chicken cut into large pieces**
- 1 bunch cilantro**
- 2 onions**
- 2 garlic cloves**
- 6 tomatoes**
- 1 red pepper**
- 2 slices of toast (well done)**
- 1lb green beans**
- 2 carrots**
- 3 chayote**



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