

Southern Stewed Potatoes with a Spicy Cajun Kick

1 can (14.5 oz) diced tomatoes



TIME
5 min

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INGREDIENTS

4 medium potatoes, peeled and diced
1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 bell pepper, chopped
1 can (14.5 oz) diced tomatoes, undrained
 $\frac{1}{2}$ cup chicken broth
1 teaspoon Cajun seasoning
 $\frac{1}{2}$ teaspoon smoked paprika
... teaspoon cayenne pepper (optional, for extra heat)
Salt and pepper, to taste
Fresh parsley, optional for garnish

DIRECTIONS

- 1.** Sauté the Aromatics: Heat olive oil in a large skillet over medium heat. Add chopped onion, bell pepper, and garlic. Cook until softened, about 5 minutes.
- 2.** Add the : Main Ingredients: Stir in the diced potatoes, diced tomatoes (with juices), chicken broth, Cajun seasoning, smoked paprika, and cayenne pepper (if using). Season with salt and pepper.
- 3.** Simmer and : Stew: Cover the skillet and reduce the heat to low. Simmer for 20-25 minutes, stirring occasionally, until the potatoes are tender and the sauce has thickened.
- 4.** Garnish and : Serve: Remove from heat and sprinkle with chopped fresh parsley, if desired. Serve hot as a side or light main dish.

SWAPS & NOTES

Potatoes : Russet potatoes are traditional, but Yukon Golds or red potatoes add a creamier texture.

Cajun Seasoning : Use store-bought or your own mix of paprika, garlic powder, oregano, thyme, and cayenne.

Vegetarian Option : Swap chicken broth with vegetable broth.

Add Protein : Stir in cooked andouille sausage or shredded chicken to make it a full meal.

TIPS FOR SUCCESS

Even Potato Dice : Keep pieces uniform so they cook evenly.

Don't Rush the Simmer : Low and slow allows the potatoes to absorb flavor.

Adjust the Heat : Skip the cayenne for milder palates or double it for a fiery batch.

Make Ahead : Flavor intensifies after a day in the fridge-perfect for leftovers.

