

Peruvian Chicken Ragout

<https://www.bhg.com/recipe/chicken/peruvian-chicken-ragout/>

- 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
- 2 tablespoons all-purpose flour
- 1 teaspoon chili powder
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tablespoon cooking oil
- 1 28 ounce can diced tomatoes
- 1 14 ounce can chicken broth
- 1 medium potato, peeled and diced
- 1 cup frozen whole kernel corn
- ½ cup quinoa
- 2 cups packed fresh spinach leaves
- Finely shredded lemon peel (set aside)
- 2 tablespoons lemon juice

Directions

- Step 1

Place chicken, flour, chili powder, 1/2 teaspoon salt, and 1/2 teaspoon ground black pepper in a plastic bag. Seal and shake to coat.

- Step 2

In a 4- to 6-quart Dutch oven cook chicken mixture, onion, and garlic in hot oil over medium heat until browned. Add undrained tomatoes, broth, potato, corn, and quinoa. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until potatoes and quinoa are tender.

- Step 3

Stir in spinach and lemon juice and cook just until spinach is wilted. Garnish each serving with shredded lemon peel. Makes 6 servings.

Peru's first coronavirus patient in stable condition, under home isolation

18:23 | Lima, Mar. 6.

Peruvian Health Minister Elizabeth Hinostroza on Friday called for calm, saying her sector remains vigilant as it implements the "National Preparedness and Response Plan for Coronavirus COVID-19 Introduction."

Speaking from the Lima-based National Health Institute (INS) —the entity that confirmed [the first case in Peru](#)— Minister Hinostroza affirmed that this is an imported case, since the 25-year-old man is believed to have been infected after a trip to Europe —precisely to France, Spain, and the Czech Republic.

In view of his respiratory symptoms, on March 4, the Peruvian went to a private [healthcare center](#), which contacted the Ministry of Health (Minsa).

He is currently under home isolation and his medical condition is stable.

Minsa's National Epidemiology and Disease Control Center is in charge of surveilling the patient, his relatives, and those with whom he has been in contact.

Likewise, all medically necessary measures have been taken so that the patient receives comprehensive health care.

"Have confidence in the Government's health system. We have the adequate infrastructure and personnel to that end. I call for calm. Besides, the use of face masks is not necessary, as they are for health workers and patients who have to avoid infecting other people," the minister expressed.

Additionally, Minsa is coordinating with the Ministry of Education (Minedu) so as to train teachers to disseminate preventive measures among children.

Finally, she disclosed that vaccination procedures will be conducted in high-risk areas.