

One Pot Chicken Stew

serves 4-6

This is a nice cold weather meal!

INGREDIENTS

- 1 1/2 lbs. boneless, skinless chicken thighs or breasts, *cut into 2" chunks*
- 1 Tbsp. vegetable oil
- 3 medium carrots, *sliced diagonally into 1/2-inch pieces*
- 1 medium sweet onion, *cut into 12 wedges*
- 6 garlic cloves, *chopped*
- 5 cups chicken stock or water, *divided*
- 2 Tbsp. flour
- 1 dried bay leaf (optional)
- 2-3 medium potatoes, cubed
- 1/4 cup fresh chopped parsley (optional)
- salt and pepper to taste



INSTRUCTIONS

1. Season the chicken with salt and pepper to taste.
2. Heat oil in a dutch oven or large pot over high heat. Add chicken and cook, stirring occasionally, until brown on all sides, about 6 minutes total. Transfer to a plate.
3. Add carrots and onions to the pot and cook, stirring often, until onions begin to soften, about 4-5 minutes. Add garlic and cook for about 30 seconds, stirring nonstop. Add 1/2 cup chicken stock while stirring and scraping to loosen browned bits from the bottom of the pot.
4. In a small bowl, whisk together flour and 1/2 cup broth; add to the pot. Stir in chicken and remaining 4 cups of chicken broth or water. Add bay leaf and season with salt and pepper, to taste. Bring to a boil, reduce heat to medium-low and simmer 25 minutes, partially covered.
5. Add potatoes and cook uncovered until potatoes are tender, about 18-20 minutes. The liquid will slightly reduce even further. Stir in parsley and discard bay leaf before serving.
6. Enjoy with some crusty bread, rice or pasta!