

## CHICKEN VEGETABLE STEW

This hearty stew is a complete balance of all four food groups. Complete this meal with fresh rolls or whole wheat dinner buns. To save time during the busy week you can easily double this recipe and freeze in air-tight containers for up to three months. Just reheat and serve.

<b>Yield</b>
6 servings

<b>Ingredients</b>		
1 Tbsp	butter	15 mL
2 lbs	boneless, skinless chicken thighs cut into 1 inch cubes	1 kg
2	green onions, diced	2
2 medium	onions, diced	2
3 cups	water	750 mL
2 Tbsp	chicken bouillon mix	30 mL
2 tsp	poultry seasoning	10 mL
4 cups	chopped potatoes	1 L
2 cups	chopped carrots	500 mL
1 cup	chopped celery	250 mL
¼ cup	all-purpose flour	50 mL
2 cups	milk	500 mL
1 cup	frozen peas	250 mL
	salt and pepper to taste	

<b>Directions</b>
Melt butter in large pot on medium-high heat. Add chicken and sear for about 10 minutes until browned on all sides. Add both onions. Cook for about 5 minutes until onion is softened. Stir in water, bouillon and seasoning. Cover and bring to boil. Reduce heat to low. Simmer for 20 minutes. Add potato, carrot and celery. Cover and simmer for 20 minutes until potato is tender. Place flour in small bowl. Add ¼ cup of milk and stir to smooth paste. Add to chicken mixture with remaining milk. Stir until well combined. Bring to boil on medium heat. Boil gently, stirring occasionally for about 5 minutes until slightly thickened. Stir in peas. Cook for 1 to 2 minutes or until hot. Add salt and pepper to taste.
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<b>Nutrient Content</b>
Per Serving: Energy: 408.0 Kcal · Carbohydrate: 36.7 g · Protein: 41.3 g · Fat (Total): 10.3 g · Calcium: 168.6 mg