Chicken Stew
Serves 6

Ingredients

- 1 yellow onion
- 3 ribs celery
- 4 cloves garlic
- 3-4 carrots
- 800g boneless, skinless chicken thighs
- 4 Tbsp all-purpose flour, divided
- 2 Tbsp butter
- 1 Tbsp olive oil
- 1.5 lbs. (680g) potatoes
- 2 tsp dried parsley
- 1 tsp dried thyme
- 1 tsp rosemary
- Salt and pepper, to taste
- 900mL low sodium chicken broth (1 carton)

Directions

1. Dice the onion and celery, mince the garlic, slice the carrots, and cut the potatoes in 1-inch pieces
2. Cut the chicken thighs into 1-inch pieces. Sprinkle 2 Tbsp of the flour over the chicken and toss until the chicken is evenly coated.
3. Add the butter and olive oil to a large pot. Heat the butter and oil over medium until they are hot and sizzling.
4. Add the flour-coated chicken to the pot with the butter and oil and allow the chicken to brown on all sides (avoid stirring until browned on the bottom). When the chicken is browned and there is a nice brown layer of flour on the bottom of the pot, remove the chicken to a clean bowl with a slotted spoon. The chicken does not need to be cooked through at this point, just browned on the outside.
5. Add the onion, celery, garlic, and carrots to the pot and continue to sauté until the onions are soft.
6. Once the vegetables are slightly softened, add the remaining 2 Tbsp flour to the pot and continue to sauté over medium for about two minutes more. The flour will begin to coat the bottom of the pot again.
7. Return the browned chicken to the pot. Also add the dried parsley, thyme, rosemary, salt and pepper, potatoes and chicken broth. Stir to combine and dissolve any flour off the bottom of the pot.
8. Place a lid on the pot and allow it to come up to a boil. Once it reaches a boil, remove the lid and turn the heat down to medium-low. Allow the stew to simmer over medium-low, without a lid, for about 30 minutes or until the potatoes are tender and the broth has thickened. Stir occasionally.
9. Taste the stew and add salt if needed.

Recipe adapted from: Chicken Stew - Budget Bytes

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