

# Chicken Stew

**Makes:** 8 servings

This classic stew can be made on the stove top and cooked in less than an hour. The vegetables and chicken make it a filling meal by itself.

## Ingredients

**8** chicken pieces (breasts or legs)

**1 cup** water

**2** garlic clove (small, minced)

**1** onion (small, chopped)

**1 1/2 teaspoons** salt

**1/2 teaspoon** pepper

**3** tomatoes (medium, chopped)

**1 teaspoon** parsley (chopped)

**1/4 cup** celery (finely chopped)

**2** potatoes (medium, peeled and chopped)

**2** carrot (small, chopped)

**2** bay leaves

## Directions

1. Remove the skin from the chicken and any extra fat. In a large skillet combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.

2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 minutes or until chicken and

### Nutrition Information

| Nutrients                   | Amount      |
|-----------------------------|-------------|
| <b>Calories</b>             | <b>265</b>  |
| Total Fat                   | 5 g         |
| Saturated Fat               | 1 g         |
| Cholesterol                 | 120 mg      |
| Sodium                      | 560 mg      |
| Total Carbohydrate          | 14 g        |
| Dietary Fiber               | 2 g         |
| Total Sugars                | 3 g         |
| Added Sugars included       | 0 g         |
| <b>Protein</b>              | <b>39 g</b> |
| Vitamin D                   | 0 IU        |
| Calcium                     | 40 mg       |
| Iron                        | 2 mg        |
| Potassium                   | 727 mg      |
| N/A - data is not available |             |

### MyPlate Food Groups

|   |              |
|---|--------------|
|  Vegetables    | 3/4 cup      |
|  Protein Foods | 4 1/2 ounces |

vegetables are tender. Remove bay leaves before serving.

**Source:** US Department of Health and Human Services, A Healthier You