



## **CHICKEN STEW**

If you have other veggies you love (root vegetables are especially great), add them in!

### **INGREDIENTS**

- 8 chicken thighs about 1 1/2 pounds, diced
- 2 carrots diced
- 1 small onion
- 2 stalks celery, diced
- 1/2 tsp rosemary
- 1/2 tsp thyme
- 1/4 tsp sage
- 1/2 tsp garlic powder
- salt and pepper to taste
- 1 1/2 C potatoes peeled and diced
- 1 1/2 C sweet potatoes peeled and diced
- 1/2 red pepper finely diced
- 1/4 C white wine
- 4 C chicken broth or chicken stock
- 1 cup green beans or peas
- 2 T flour
- 1/2 cup heavy cream



### **INSTRUCTIONS**

1. Put the chicken in the crock pot and season with spices listed. Then add the veggies on top of the chicken. Next add the chicken broth and white wine.
2. Cook on low for 5-6 hours or high for 3-4 hours.
3. During the last 15 minutes, add the heavy cream (optional), and stir well.
4. Then, to thicken it up a bit - combine 2 tablespoons flour with 1 cup of water or broth (I prefer broth) and shake very well. Pour the slurry a little at a time into the chicken stew while stirring. Once your stew is thickened, allow it to cook for the last 15 minutes.

You'll want to make sure your flour mixture has no lumps before you add it, I use a shaker jar or mason jar and shake really well.

### **COOKING TIPS AND SWAPS:**

You can also use chicken breast in this recipe. The thighs hold up better for the long amount of simmering, but feel free to use breasts as well if you prefer.

This recipe also freezes very well.. so if you have any leftovers, you can put them in the freezer for a quick meal in the future.