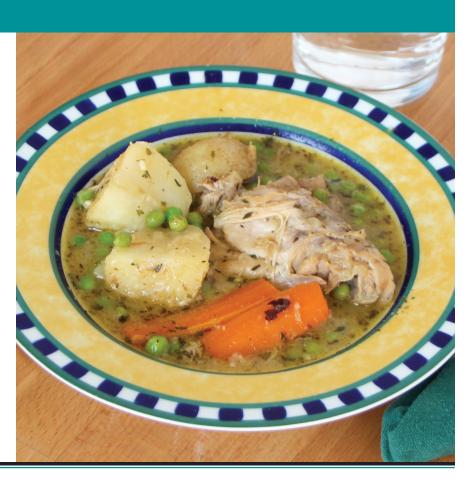
Easy One-Pot

Chicken Stew

- Serves 8
- About 60 minutes to prepare and cook







Ingredients



2 tablespoons oil



chicken thighs or drumsticks



onion, finely chopped



2 tablespoons flour



3 cups water



chicken stock cube



2 tablespoons dried herbs (parsley, oregano, thyme)



4 carrots, cut into sticks



8 potatoes,washed and cut in half



2 cups frozen peas (or other vegetables)



1 tablespoon mustard (optional)

Kitchen Supplies

Ulu or knife
Cutting board
Large pot with a lid
Wooden spoon
Measuring
spoons
Measuring cups



This resource was created with financial contributions from Health Canada and the Public Health Agency of Canada.



Steps



Heat oil in pot on medium high. Add chicken and cook on both sides until meat begins to brown.



Remove chicken from pot and set aside.



Add onions.
Cook until soft.



Add flour. Cook for 2 minutes, stirring constantly.



Add water, chicken stock, and dried herbs. Stir well.



Add chicken, carrots, and potatoes. Bring to a boil.



Turn heat to medium low, cover pot, and cook for 20 minutes.



Remove lid and simmer for 15 minutes. Add frozen peas. If using, add mustard. Cook for 5 minutes.

