



# Easy One-Pot Chicken Stew

-  Serves 8
-  About 60 minutes to prepare and cook

## Tip

If you don't have chicken stock, you can use 1 teaspoon of salt instead of 1 cube of chicken stock!



## Ingredients



**2 tablespoons**  
oil



**8**  
chicken thighs  
or drumsticks



**1**  
onion,  
finely chopped



**2 tablespoons**  
flour



**3 cups**  
water



**1**  
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



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



**2** Remove chicken from pot and set aside.



**3** Add onions. Cook until soft.



**4** Add flour. Cook for 2 minutes, stirring constantly.



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



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



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



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



**Enjoy!**