



WHAT'S FOR DINNER LBFPD?

Just like a big, warm hug this chicken stew recipe comforts and nourishes the body ready for the winter months. Made with fresh ingredients from this week's Long Beach Food Pantry Delivery, this One Pot Hearty Chicken Stew is quick, easy, and filling ready to satisfy all diners.

ONE POT HEARTY CHICKEN STEW (Gluten-free) - Serve with rice



Nutritional Facts:

Chicken is a good source of lean protein, amino acids, iron, and niacin. Potatoes are high in fiber; antioxidants; vitamins C and B6; manganese; phosphorus; niacin; and pantothenic acid. While onions are rich in antioxidants; A, B6, C, E, and K; and folate. Carrots and celery a good source of fiber; and are high in vitamins K, A, B, C; folate, potassium; phosphorous; calcium and more. All this nutritional value assists to boost digestion, bone strength and density, heart, and brain function, and well-being.

Ingredients (Serves 4):

3 tablespoons extra-virgin olive oil
2 pounds skinless boneless chicken thighs
1 medium white onion, finely chopped
4 garlic cloves, finely chopped
Salt & pepper to taste (approx. $\frac{1}{2}$ teaspoon each)
1 sprig rosemary
1 sprig thyme
3 medium carrots, peeled and cut into 1-inch pieces
3 ribs celery, cut into 1-inch pieces
 $\frac{1}{4}$ cup all-purpose flour
32 ounces low-sodium homemade or store-bought chicken stock
1 pound potatoes, cut into bite-size pieces

Instructions:

1. In a large pot over medium-high heat, add oil and sear the chicken for about 3 minutes on each side, until browned. Transfer to a cutting board and cut the chicken into bite-size pieces. Set aside.
2. In the same pot over medium heat, cook the onion and garlic, stirring, for about 3 minutes, until translucent and season with salt. Add the rosemary and thyme and cook, for about 2 minutes, until stirring occasionally. Add the carrots and celery and cook, for about 8 minutes, until translucent.
3. Stir in the flour and cook for about 3 minutes, until all of the vegetables are coated. Slowly pour in the stock, stirring to break up any lumps of flour.
4. Add the chicken, potatoes, and pepper and stir to combine. Bring to a boil, then reduce the heat to medium-low and simmer for about 20 minutes, until the chicken and potatoes are fully cooked, and the liquid thickened.
5. Divide the soup among bowls. Optional: garnish with the parsley.

Eat & Enjoy!

Recipe adapted from: www.food52.com

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(562) 612-5001

 info@helpmehelpu.org

 www.helpmehelpu.org

The MSC 1301 W. 12th Street, Long Beach CA 90832

PO Box 32861 Long Beach, CA 90832