

September is Chicken Month *and* Potato Month



Chicken and Potato Stew

Serves: 6 | *Serving Size:* 1 and 1/2 cups

Ingredients:

2 teaspoons vegetable oil
1 onion, peeled and cut into chunks
3 carrots, peeled and cut into chunks
1 pound skinless chicken breast, cut into chunks
3 potatoes, peeled and cut into chunks
1 can low-sodium chicken broth
1 cup water
1 bay leaf
1 teaspoon garlic powder
1/2 teaspoon dried thyme leaves
1/2 teaspoon dried ground sage
1/4 teaspoon freshly ground black pepper

Directions:

Place vegetable oil in a Dutch oven, then put the pot over medium heat. Allow the oil to get hot, then add the onion and carrots. Sauté until lightly browned, about 3 minutes.

Add the rest of the ingredients to the Dutch oven, then cover and bring to a boil. Lower heat to medium-low and cook until the potatoes and carrots are tender, about 30-35 minutes. Serve in soup bowls.

Nutrition Information:

Serves 6. Each 1 and 1/2 cup serving contains 119 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 322 mg sodium, 21 g carbohydrate, 3 g dietary fiber, 4 g sugar, and 5 g protein.

Each serving also has 120% DV vitamin A, 26% DV vitamin C, 3% DV calcium, and 5% DV iron.

Chef's Tips:

By choosing skinless chicken breast, you are reducing the saturated fat that goes into this dish, which is great news for your health.

When you chop the ingredients into chunks, make sure to make them all about the same size so that they'll cook evenly.

BROUGHT TO YOU BY: