

Hearty Fall Stew



Chicken Thigh Stew

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

Ingredients:

Olive oil spray
1/2 onion, chopped
2 carrots, sliced thin
1 bulb fennel, sliced
2 small boneless, skinless chicken thighs
1 large red potato, with peel, sliced
2 cups water
Pinch each: thyme, bay leaf, rosemary
1 tsp garlic powder
Dash of black pepper

Directions:

Lightly spray a Dutch oven pan with olive oil and heat it over medium high heat.

Add the onions, carrots, and fennel and sauté briefly. Cover and cook until the vegetables are transparent, about 3 minutes.

Add the chicken and potatoes, stir, then add the water and seasonings.

Bring the heat to medium so the stew simmers but does not boil.

Cook covered until the chicken is done and the potatoes are tender, about 15 minutes. Serve hot.

Nutrition Information:

Serves 2. Each serving has 202 calories, 4g fat, 1g saturated fat, 0g trans fat, 30mg cholesterol, 134mg sodium, 31g carbohydrate, 7g fiber, 4g sugars, and 12g protein.

Each serving also has 105% vitamin A, 45% vitamin C, 9% calcium and 11% iron.

Chef's Tips:

This stew recipe is only 200 calories, so you can add a little bread, salad, and milk or yogurt to your meal.

Chicken thighs, used in the right proportion in a recipe, can still yield a healthful result and their price is easy on the grocery budget.

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