

Winter Chicken Stew

This recipe serves: 8

Preparation time: 30 minutes

Cooking time: 1 hour 30 minutes

Ingredients

3 pounds skinless, boneless chicken thighs, cut into 2-inch cubes
salt to taste
freshly ground black pepper
flour for dredging
2 tablespoons olive oil
2 small yellow onions, diced
2 cloves garlic, minced
2 sprigs thyme
1 bay leaf
2 cups red wine
2 cups diced, canned tomatoes, with their juices
4 cups low-sodium chicken broth
4 large carrots, peeled and cut into 1-inch pieces
4 large parsnips, peeled and cut into 1-inch pieces
2 large russet potatoes, diced

Cooking Instructions

1. Season the chicken with salt and pepper. Dredge it in flour and shake off the excess.
2. Heat the olive oil in a heavy soup pot or Dutch oven over medium-high heat. Sear the meat on all sides. Adjust the heat so that the chicken browns well, but does not burn.
3. Add the onions, garlic, thyme and bay leaf and cook 2 minutes more. Add the red wine. Stir with a wooden spoon to release any caramelized bits that may be stuck to the bottom of the pan and cook until the wine is almost completely evaporated.
4. Add the tomatoes with their juices and the chicken broth and bring to a boil. Adjust the heat so that the stew simmers and cook until the meat is tender, about 1 hour.
5. Add the carrots, parsnips and potatoes and cook until the vegetables are completely tender, about 20 minutes more. (The potatoes will fall apart and thicken the sauce.) Adjust the seasoning with salt and pepper, remove the bay leaf and serve in a deep tureen.

Nutrition Facts

Serving Size 1 bowl

Amount Per Serving

Calories 603

Total Fat 30 g

Saturated Fat 8 g

Protein 36 g

Total Carbohydrate 38 g

Dietary Fiber 6 g

Sodium 723 mg

Percent Calories from Fat 44%

Percent Calories from Protein 23%

Percent Calories from Carbohydrate 25%