

Chicken Stew

Notes

Nothing fills you up or warms you up as much as a good old-fashioned chicken stew.

Ingredients

3 chicken thighs, bone in and skin on (makes a better broth)

2 medium onions, peeled and diced

4 stalks celery, washed and diced

6 - 8 carrots, peeled and diced

½ a turnip, peeled and diced

10 – 12 medium potatoes, peeled and diced

2 – 4 heaping tablespoons chicken soup powder (optional – I find it too salty)

Process

Put the chicken, onions and celery in a large pot. Fill halfway with water. Cover and bring to a boil over high heat. When the chicken begins to boil, lower the heat to medium high and let cook for one hour. After an hour, remove the chicken, put it on a plate and put it in the fridge to cool. Add the chicken soup powder if you want some.

Put in the carrots. Add water if needed. Put the heat back to high. When the carrots come to a boil, lower the heat to medium high and cook for 10 minutes. Put in the turnips. Add water if needed. Put the heat back to high. When the turnips come to a boil, lower the heat to medium high and cook for 10 minutes. Put in the potatoes. Add water if needed. Lower the heat to medium. Cook until the potatoes are done, about 15 – 20 minutes. Stir well. The more you stir, the more gravy you will get.

Allow the stew to cool. Get the chicken from the fridge. Debone it and cut it into small pieces and add it to the stew. Serve hot or store in individual servings in Tupperware containers in the fridge or freezer.