

# Chicken Stew

**Makes:** 8 servings

This classic stew can be made on the stove top and cooked in less than an hour. The vegetables and chicken make it a filling meal by itself.

## Ingredients

- 8 chicken pieces (breasts or legs)
- 1 cup water
- 2 garlic clove (small, minced)
- 1 onion (small, chopped)
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3 tomatoes (medium, chopped)
- 1 teaspoon parsley (chopped)
- 1/4 cup celery (finely chopped)
- 2 potatoes (medium, peeled and chopped)
- 2 carrot (small, chopped)
- 2 bay leaves

## Directions

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>265</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	120 mg
<b>Sodium</b>	<b>560 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>39 g</b>
Vitamin D	0 IU
Calcium	40 mg
Iron	2 mg
Potassium	727 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	3/4 cup
 Protein Foods	4 1/2 ounces

1. Remove the skin from the chicken and any extra fat. In a large skillet combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.

2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

## Notes

Learn more about:

- [Garlic](#)
- [Celery](#)
- [Tomatoes](#)
- [Potatoes](#)
- [Onions](#)
- [Carrots](#)

**Source:** US Department of Health and Human Services, A Healthier You