



GF Friendly

Chicken Chuckin Stew

Chicken stew with whatever vegetables are to hand

The name of this recipe is a joke, I know, but it suits; and cooking should be fun. The idea is that you chuck in whatever you fancy and is to hand; so any future stews will be different to the one you are cooking now. Ask the kids what to put in and they may even enjoy eating it.

200g diced, un-cooked chicken – see Tip
1 carrot
½ onion
1 stick celery
1 mushroom, chopped
1 medium potato
½ cup frozen green beans
½ can (200ml) condensed chicken soup
1 Tbsp chicken stock powder
spices of choice
water to cover
salt & pepper (optional)



Here are the vegetables we used, but what you chuck in is up to you. Just remember that some, like pumpkin, will go to mush if cooked too long. Okay, back to it. Peel and slice the carrot. Coarsely chop the onion and mushroom. Slice the celery across the stick; then peel and dice the potato (about 1.5cm cubes). Place all of these in a pan along with the green beans, cover with water, stir in the stock powder and bring to the boil. Turn this down to begin simmering while preparing the uncooked chicken. Add this to the pan, plus more water if necessary – not too much, though, because this stew is better reasonably thick. Now you can include any spices you wish – just taste-test as you go. Simmer the lot, covered for about 20 minutes.

Finally put in the chicken soup, stir carefully to mix in, and continue simmering for a further 20 minutes, or until the potato is soft. Can now be turned off and re-heated later.

The above quantities served 2. Just add more vegies to make it go round further.

Tip: if using **pre-cooked chicken pieces** (as in BSR01), stew the vegetables in water and stock first for 20 minutes. Include any spices you decide to use, but do this gradually to avoid making it inedible. Now add the chicken and the soup.

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