



Chipotle Chicken Stew

Serves four

4 skinless chicken thighs and 4 skinless chicken drumsticks
1 large yellow onion – thinly chopped
3 garlic cloves – minced
2 celery stalks – finely chopped including leaves
2 TBS finely chopped parsley
3 chipotle peppers with adobo – chopped
2 medium carrots – sliced
3 large tomatoes – peeled, seeded and chopped (keep all the juice)
1 large sweet potato – peeled and cubed
2 cups low sodium chicken broth
1 TBS flour
1 tsp. salt
1 tsp. black pepper
Olive oil

Rinse and pat dry the chicken pieces. Season with salt and pepper.

Heat a large skillet with some oil. Brown the chicken pieces evenly on all sides. Set aside and wipe the skillet.

Add a little more oil into the clean skillet. Add the onion and cook for about 8 to 10 minutes, until softened and lightly browned. Add the garlic and cook for 1 to 2 minutes, stirring often. Add the celery, parsley, oregano and chipotle peppers. Cook for 1 to 2 minutes until fragrant. Add the carrots, tomatoes with their rendered juice, sweet potatoes and low sodium chicken broth.

Return the chicken to the pan. Bring stew to a boil, reduce heat and simmer for 45 to 50 minutes – until chicken is cooked through.

Remove chicken from pot and discard any hanging skin. Remove ¼ cup sauce in a small bowl. Add the flour and whisk until you have no lumps. Add the flour mixture to the pot and bring to a boil. Whisk until gravy is thick. Taste for salt and adjust if necessary. Return the chicken to the pot and heat through. Serve with rice. Enjoy!

CALORIES 358.57; FAT 11.38 grs (sat 2.7; mono 4.5; poly 2.0); PROTEIN 39.24 grs ; FIBER 4.17 grs; CARBS 24.12 grs; CHOLESTEROL 140.39 mg; IRON 3.28 mg; SODIUM 886.59 mg; CALCIUM 82.32 mg

