



Simple Chicken Stew

Active Time: 15 minutes | **Total Time:** 50 minutes | **Serves:** 4

Nutrition Information Per Serving

196.9 calories, 12.19 g carbohydrate, 2.98 g fiber, 9.21 g NET carbs, 31.4 g protein, 2.58 g fat

Ingredients

- 2 medium(s) organic carrots, chopped
- 2 -8oz. breast(s) organic chicken, halved
- 2 clove(s) organic garlic, minced
- 1 medium organic onion, chopped
- 3 medium(s) organic tomatoes, chopped
- 1 tsp sea salt
- 1/4 cup(s) parsley, chopped
- 1/2 cups(s) organic celery, chopped
- 1/2 tsp(s) freshly ground black pepper
- 2 whole (s) bay leaves
- 2 cup(s) organic chicken broth

Preparation

1. In a large skillet, combine chicken, broth, garlic, onion, salt, pepper, tomatoes, and most of the parsley (reserve some for garnish, if desired).
2. Tightly cover and cook over low heat for 25 minutes.
3. Add celery, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender.
4. Remove bay leaves before serving.

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