

Chicken Stew

YIELD: 1 large pot for 6 people

TIME: 1 hour

1 packet - chicken thighs, boneless, diced (or bone-in with skin) 5 each - tomatoes, diced (or canned tomatoes)
1 each - jalapeño, seeds remove, diced
1 each - red bell pepper, remove seeds, sliced 1 each - onions, diced
5 cloves - garlic, minced
1 large - Idaho potato, peeled, diced 2 each - carrots, peeled, diced
1 teaspoon - cumin powder 1 teaspoon - dried oregano
1 teaspoon - coriander powder Salt and black pepper to taste
¼ cup - fresh cilantro, chopped (or mint and scallions) 3 each - lemons or lime wedges
2 cups - chicken broth or water

Sauté onions, peppers, garlic, jalapeño for 2-3 minutes in oil in a large pot. Season chicken with salt and pepper. Add chicken to pot and sauté until brown on both sides about 3-4 minutes. Add spices and sauté for 1 minute. Then add diced tomatoes. Cook down the tomatoes until natural juices are released and it starts to resemble a sauce or stew. Add potatoes and 1-2 cups of chicken broth -- enough liquid to just barely cover the chicken and potatoes. Simmer the stew until the chicken and potatoes are fork-tender (30-45 minutes). Adjust seasoning with salt, pepper, lime juice and chopped cilantro. Serve over steamed rice. The dish should be bright, flavorful and comforting.

TRY ADDING DIFFERENT SPICES, DRIED OR FRESH HERBS:

- Chili powders such as pasilla, New Mexico, guajillo, chili flakes, paprika, cayenne
- Dried or fresh thyme, basil, oregano
- Turmeric, ginger, onion or garlic powder
- Canned chilies

TRY ADDING DIFFERENT VEGETABLES & GRAINS TO THE STEW:

- Frozen vegetables such as peas, corn, pearl onions
- Root vegetables such as sweet potatoes, turnips, rutabagas
- Winter squashes such as pumpkin, butternut squash
- Summer squashes such as Italian zucchini, yellow squash, eggplant
- Greens such as collard greens or kale
- Cauliflower, broccoli, peppers, sweet corn, or avocado
- Canned beans or lentils
- Canned tomatoes
- Grains such as rice, quinoa, farro



What to do with a whole chicken?

COST EFFICIENT

It's more affordable to purchase a whole chicken than to purchase pieces of chicken. Learning to butcher a chicken is also an amazing skill to have that can save you money. The meat on a whole chicken can be used in a variety of delicious dishes throughout the work week.

WHOLE CHICKEN:

The best cooking technique for a whole chicken is to roast it. Rub the skin with a mixture of salt, pepper, and your favorite spices. Then stuff the cavity with herbs and aromatics such as rosemary, garlic and onions. Then roast the chicken at 425°F for about 1 hour and 30 minutes on a rack until it's golden brown. Let it rest before carving.

CHICKEN BREAST:

The best cooking technique for chicken breast is pan searing or grilling. Slicing the breast in half to butterfly it open often helps to shorten the cooking time.

Marinate the breast meat or simply salt and pepper it. Then place the chicken on high heat in a pan or grill and sear it until it's golden brown on both sides.

CHICKEN PIECES:

When in doubt, the best cooking technique for random chicken pieces such as thighs and drumsticks are to slow cook them in a braise or stew. The legs of the chicken are considered a tough cut of meat, which requires a slower temperature with a longer cooking time in order to tenderize the meat.

LEFTOVERS:

Leftover cooked chicken meat is great to shred or dice into salads, soups, or sandwiches.

USE EVERYTHING:

Even the bones of the chicken can be used to make a flavorful chicken stock. You can use the bones in raw form, or save the carcass from your roasted whole chicken from the night before and place it into a pot with water to simmer for at least 3-4 hours.