



Chicken Stew

READY IN



50 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 15 ounce kidney beans organic rinsed drained canned if not
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 1 carrots peeled cut into bite-size pieces
- ☐ 2 stalks celery cut into bite-size pieces
- ☐ 2 chicken breast with ribs 1 1/2 pounds total
- ☐ 0.5 cup basil leaves fresh
- ☐ 14 ounce low-salt chicken broth canned
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 tablespoon tomato paste

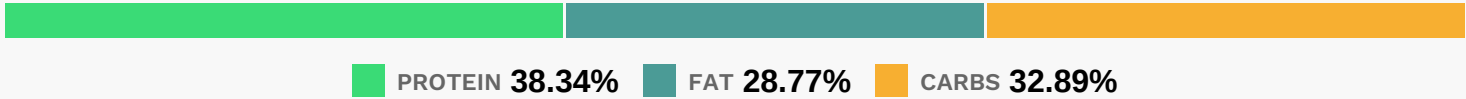
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy 5 1/2-quart saucepan over medium heat.
- ☐ Add the celery, carrot, and onion.
- ☐ Saute the vegetables until the onion is translucent, about 5 minutes. Season with salt and pepper, to taste. Stir in the tomatoes with their juices, chicken broth, basil, tomato paste, bay leaf, and thyme.
- ☐ Add the chicken breasts; press to submerge.
- ☐ Bring the cooking liquid to a simmer. Reduce the heat to medium-low and simmer gently uncovered until the chicken is almost cooked through, turning the chicken breasts over and stirring the mixture occasionally, about 25 minutes. Using tongs, transfer the chicken breasts to a work surface and cool for 5 minutes. Discard the bay leaf.
- ☐ Add the kidney beans to the pot and simmer until the liquid has reduced into a stew consistency, about 10 minutes.
- ☐ Discard the skin and bones from the chicken breasts. Shred or cut the chicken into bite-size pieces. Return the chicken meat to the stew. Bring the stew just to a simmer. Season with salt and pepper, to taste.
- ☐ Ladle the stew into serving bowls and serve with the bread.
- ☐ Serving suggestion: crusty bread.

Nutrition Facts



Properties

Glycemic Index:64.64, Glycemic Load:5.75, Inflammation Score:-9, Nutrition Score:18.633043465407%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 230.87kcal (11.54%), Fat: 7.55g (11.62%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 13.48g (4.9%), Sugar: 5.9g (6.55%), Cholesterol: 48.21mg (16.07%), Sodium: 418.53mg (18.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.31%), Vitamin B3: 10.21mg (51.06%), Vitamin A: 2084.11IU (41.68%), Vitamin B6: 0.78mg (38.91%), Selenium: 25.57µg (36.53%), Phosphorus: 288.92mg (28.89%), Potassium: 840.28mg (24.01%), Fiber: 5.95g (23.79%), Vitamin K: 23.56µg (22.44%), Manganese: 0.43mg (21.71%), Copper: 0.32mg (15.86%), Magnesium: 61.92mg (15.48%), Vitamin B5: 1.44mg (14.41%), Iron: 2.49mg (13.84%), Vitamin C: 10.87mg (13.17%), Vitamin E: 1.92mg (12.82%), Vitamin B1: 0.19mg (12.8%), Vitamin B2: 0.2mg (11.86%), Folate: 41.1µg (10.27%), Zinc: 1.23mg (8.18%), Calcium: 67.44mg (6.74%), Vitamin B12: 0.22µg (3.61%)