Chicken Stew Recipes

Chicken Stew Recipes uses a stovetop method with measured ingredients and a gentle finish. Check the thickest chicken pieces reach 165°F (74°C).

PREP	COOK	TOTAL	YIELD	LEVEL
20 min	50 min	70 min	4 servings	Easy



RECIPE AT A GLANCE

Use low-sodium broth and adjust salt at the end. Cut vegetables evenly; keep raw poultry separate from ready-to-eat foods.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves (9 g), minced
- 2 carrots (160 g), sliced
- 2 celery stalks (100 g), sliced
- 3 cups (720 ml) low-sodium chicken broth
- 1/2 tsp (1 g) dried thyme
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper
- 2 medium potatoes (300 g), diced
- 2 tbsp (16 g) all-purpose flour
- 1 cup (140 g) frozen peas

METHOD

1. Cut chicken into 1 1/2-inch pieces. Heat oil in a Dutch oven and brown chicken in two batches; transfer to a clean plate.

2. Soften onion, carrots and celery in the same pot for 6 minutes; add garlic for 30 seconds. Sprinkle flour over vegetables and stir 1 minute.

3. Whisk in broth gradually, then add chicken, potatoes, thyme, salt and pepper. Simmer gently, partly covered, 25-35 minutes until potatoes are tender and chicken reaches 165°F (74°C).

4. Stir in peas and simmer 3 minutes until hot. Adjust broth consistency with a splash of water if needed.

DONENESS & SAFE HANDLING

Chicken must reach 165°F (74°C) in its thickest part; check several pieces with a food thermometer. Keep raw-chicken utensils and surfaces separate from cooked food.

TIPS & VARIATIONS

Keep the pot at a gentle simmer. Prepare all ingredients before starting. Taste before adding extra salt. Herb variation: Add 1 tbsp chopped parsley at serving. Mild heat: Add a pinch of chili flakes to individual portions. Thinner consistency: Add a little hot broth or water and adjust seasoning.

SERVING, STORAGE & REHEATING

Divide into 4 bowls and serve hot. Prepare any additional bread or salad separately. Divide into shallow containers and refrigerate within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Reheat on the stove or in the microwave until the center reaches 165°F (74°C), stirring and adding a splash of water if needed. Reheat leftovers separately from the slow cooker.

FREEZING

Freeze airtight portions for up to 3 months for best quality. Thaw in the refrigerator. Store noodles or dumplings separately where possible; creamy soups may separate slightly.