



CHICKEN STEW

Recipe for a 7-quart slow cooker

Serves: About 6

Cooking Time: About 6 - 8 hours on low or 4 - 5 hours on high

Ingredients

- 1-pound baby red potatoes washed and cut into chunks
- 1 stalk celery chopped
- 1/2 medium onion finely chopped
- 3-4 carrots, sliced (To avoid having to peel carrots, I just use baby carrots.)
- 1- 8-ounce package of sliced mushrooms (optional)
- 1 teaspoon minced garlic
- 5 - 6 chicken drumstick and/or thighs, bone in, washed and patted dry with paper towel (you can use chicken breasts if you prefer white meat.)
- 1 teaspoon salt
- 1 teaspoon dried parsley
- 2 teaspoon dried thyme
- 1/4 teaspoon black pepper
- About 5 or 6 cups chicken or vegetable broth (Use enough to cover the rest of the ingredients.)
- 2/3 cup cream or milk (I use Half & Half)



- 4 tablespoons corn starch
- Toppings: 1/2 cup grated Parmesan cheese, crushed red pepper, chopped fresh parsley (If desired)

Directions

1. Place the vegetables and spices on the bottom of the slow cooker.
2. Add the chicken pieces.
3. Pour the broth over the chicken - until the liquid covers all the ingredients.
4. Put the lid on your slow cooker and cook on low for about 6 hours or high for about 4 hours.
5. Once the chicken is cooked, and the vegetables are tender, remove the chicken from the slow cooker and let cool.
6. When the chicken is cool to the touch, debone and shred it. Be sure to place the chicken in the refrigerator if it will be sitting out for any length of time.
7. If you've been cooking on the low setting, turn your slow cooker to high and let the pot heat up to a simmer.
8. Whisk together the cream and corn starch. Stir into slow cooker. Now add the parmesan cheese and the deboned chicken and stir.
9. Cover and cook for another 30 minutes - or until the broth has thickened.
10. Serve and top with parmesan cheese, crushed red pepper and or fresh chopped parsley.