

# Chicken Stew

2 tablespoons of vegetable oil

3 boneless, skinless chicken breasts (or thighs), cut into pieces

4 medium potatoes, cubed, with skin on

1 onion, diced

2 cups frozen vegetables

2 cartons of low-sodium chicken stock

3 packages of low-sodium chicken bouillon

1/2 cup flour

3/4 cups water

Pepper

1/2 teaspoon spice (use thyme, rosemary, garlic powder, oregano or Mrs. Dash—whatever you prefer)

1. Heat oil over medium in a large pot. Add chicken pieces. Cook partially, and then add chopped onion. Cook together until the onion is clear and the chicken is browned.
2. Add chicken stock, cubed potatoes, chicken bouillon and spices. Bring to a boil. Reduce heat and simmer for 15-20 minutes, until potatoes are tender.
3. Add frozen veggies.
4. In a small bowl, combine flour and water. Stir with a fork until there are no lumps. Add flour and water to stew and allow to thicken. Cook for another 5 minutes over medium.