

Chicken Stew Batch

MILK EGG PEANUT WHEAT TREE NUT
SOY FISH SHELLFISH SESAME

Yields: 3 servings

This is one of my all-time favorites! Comfort food with great flavors.

Ingredients:

3 cooked chicken breasts
¼ cup vegetable oil
¼ cup chopped frozen onions
¼ cup gluten free flour
4 cups chicken broth
⅓ cup chopped frozen carrots
⅓ cup frozen peas
⅓ cup frozen plain diced hash brown potatoes
½ tsp. salt
¼ tsp. pepper

Tools:

1 Cutting board
1 Chopping knife
1 Large sauté pan (4+ quart)
1 Large spoon
3 Small Freezer & Microwave storage containers



Tip: You can add any leftover bite sized vegetables of your choice.

5. Slowly add the chicken stock to the flour while continuously stirring to avoid lumps.
6. Cook the mixture on Medium heat for a total of 10 minutes and scraping down the side of the pan as needed.
7. Add your chicken pieces, carrots, peas and potatoes. Cook for 5-10 minutes until hot and bubbling.
8. Taste for salt and pepper.
9. Take off heat and cool.
10. Divide equally into 3 Freezer & Microwave containers for storage. Place in freezer.

Instructions:

1. Using the Cutting board & Chopping knife, cut your cooked chicken breasts into bite sized pieces.
2. Melt the butter or vegetable oil in your Large pan over Medium heat.
3. Stir in onions and cook for 3 minutes or until onions are translucent.
4. Add your gluten free flour and stir continually for 2 minutes for a smooth consistency.