



# Kiju's Chicken Stew Recipe

All ingredients for this recipe, aside from spices, can be found in this Kiju's Essential Grocery Box.

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## INGREDIENTS

4 tbsp butter  
3 large carrots, cut into coins  
1 large onion, diced  
2 cups turnip, cubed  
3 stalks celery, chopped  
3 lbs chicken breast  
1.5 lbs potatoes (large dice)  
1 clove garlic, minced  
Sea salt and pepper to taste  
2 tbsp poultry seasoning  
2 bay leaves  
6 cups chicken broth (or water)  
4 tbsp cornstarch

## INSTRUCTIONS

In a large pot melt butter and add carrots, onion, celery and turnip.

Cook approximately 10 minutes (*vegetables will still be firm at this point*).

Add garlic and spices and cook for another 5 minutes.

Add the chicken and potatoes and stir often for about 2 minutes.

Add the stock and bring to a boil, then quickly reduce to a simmer.

Cook for approximately 20 minutes.

Check your stew for seasoning. Once you have the desired flavor, you can then thicken the stew.

To thicken the stew, combine 4 tbsp of cornstarch with enough water to make a paste.

Slowly add the mixture whisking constantly until the correct thickness is achieved.

Enjoy!