

CHICKEN & VEGETABLE STEW

This recipe is great if you're feeding a big group or looking to batch something that feels hearty. It's like a lovely warm cuddle in your tummy and packed with veg to boot!

Servings 8 | Prep 20 minutes | Total time 1hour 20 minutes

450 calories | 39g Protein | 30g Carbs | 19g Fat



Ingredients

- 2 tbsp oil
- 2 large onions, chopped
- 3 sticks of celery, chopped
- 2 large carrot, sliced into rounds
- 1 small swede, diced
- 1 large parsnip, chopped into chunks
- 500g potatoes, peeled and chopped into chunks
- 1kg skinless and boneless chicken thighs
- 1 tin of condensed chicken soup
- 1 tin of condensed mushroom soup
- 100g pearl barley

Directions

1. Place a large pan over a medium heat. Add half the oil to the pan.
2. Once the oil is hot, add the onion and celery and fry for about 8-10 minutes until soft, stirring regularly.
3. Whilst the onions and celery soften, add the rest of the oil to a non-stick frying pan and allow to heat up. Brown off the chicken thighs on both sides in the pan in batches, transferring to the large pan once done.
4. Add the rest of the chopped vegetables, the 2 cans of condensed soup plus 2 cans of water and the pearl barley. Stir well to combine all the ingredients.
5. Bring the mixture up to the boil and then allow to simmer for 45-50 mins. The root vegetables will be soft and the potato starting to breakdown thickening the sauce. The chicken thighs will be tender and easy to cut.
6. Serve with some green veg of your choice and crusty bread if you fancy!

