

Chicken Stew

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-celery-stew-recipe>

Ingredients:

- 8 chicken thighs about 1 1/2 pounds, diced
- 2 tablespoons olive oil
- 2 carrots diced
- 1 small onion
- 2 stalks celery diced
- 5 tablespoons flour divided
- 1/2 teaspoon rosemary
- 1/2 teaspoon thyme
- 1/4 teaspoon sage
- salt
- pepper
- 1 1/2 cups potatoes peeled and diced
- 1 1/2 cups sweet potatoes peeled and diced
- 1/2 red pepper finely diced
- 1/4 cup white wine
- 4 cups chicken broth or chicken stock
- 1 cup green beans or peas
- 1/2 cup heavy cream

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 135 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams

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