

# Southern Stewed Chicken

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-stewed-potato-recipe>

## Ingredients:

- 1 whole chicken cut into parts
- 1 tablespoon Cajun seasoning
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 tablespoon poultry seasoning
- 1 tablespoon Italian seasoning
- 1/4 cup vegetable oil
- 1/2 stick butter
- 1 small onion finely diced
- 1/2 bell pepper finely diced
- 2 celery stalks finely chopped
- 1 tablespoon minced garlic
- 1/2 cup all-purpose flour
- 5 cups chicken broth
- 2 potatoes peeled and cut into small chunks
- salt
- pepper
- cooked white rice

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 275 milligrams
4. Fat: 40 grams
5. Fiber: 5 grams
6. Protein: 87 grams
7. SaturatedFat: 12 grams
8. Sodium: 670 milligrams
9. Sugar: 2 grams

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