

Chicken Stew

Serves 4

Ingredients

- Butter – 28 g (2 T) *(See Note)*
- Carrots – 2 medium (180 g), peeled & sliced into coins
- Celery – 1 stalk (60 g), chopped
- Onion – ½ medium (70 g), diced
- Frozen peas – 60 g
- Frozen corn – 60 g
- Salt + MSG blend – 2 g salt + 0.5 g MSG ($\approx \frac{1}{2}$ tsp total)
- Black pepper – ⅛ tsp (or to taste)
- Garlic – 3 cloves (15 g), minced
- All-purpose flour – 10 g (1 T)
- Boneless skinless chicken breasts – 680 g *(See Note)*
- Fresh thyme – 3 sprigs (or ½ tsp dried)
- Bay leaf – 1
- Potatoes – 340 g (about 3 medium), quartered
- Low-sodium chicken broth – 720 ml (3 cups)
- Fresh parsley – 1 T (5 g), chopped, for garnish



Instructions

1. **Sauté base:**
 - Melt **butter** in a large pot over **medium heat**.
 - Add **carrots** and **celery**; season lightly with **salt + MSG** and **pepper**.
 - **Cook 5 minutes** until softened.
2. **Add aromatics:**
 - Stir in **onion**; cook **2 minutes**.
 - Add **garlic**; cook **30 seconds** until fragrant.
3. **Thicken:**
 - Sprinkle in **flour** and stir to coat vegetables evenly.
4. **Add ingredients:**
 - Add **corn**, **peas**, **chicken**, **thyme**, **bay leaf**, **potatoes**, and **broth**. Stir well.
5. **Simmer:**
 - Bring to a gentle simmer, cover partially, and **cook 15–18 minutes** until chicken is cooked through (internal $\geq 74^{\circ}\text{C}$) and potatoes are tender.
6. **Shred:**
 - Remove **chicken**, shred with two forks, and return to pot. Stir to combine. Adjust seasoning if needed.
7. **Finish:**
 - Remove bay leaf. Garnish with **parsley** and serve hot.

Nutrition

Per Serving: Kcal 380 | Protein 34 g | Fat 14 g | Sat Fat 6 g | Carbs 27 g | Sugars 5 g | Fiber 3 g | Sodium 710 mg (incl. MSG)

Total Dish: Kcal 1520 | Protein 136 g | Fat 56 g | Sat Fat 24 g | Carbs 108 g | Fiber 12 g | Sodium 2840 mg (incl. MSG)



Notes

- Replace butter with 10 ml olive oil + 10 ml yogurt for a lighter version.
 - Substitute chicken thighs (皮なしもも肉 OK) for richer flavor and moisture; increase simmer time to 20 min.
 - Add ½ tsp Kevala coconut aminos or low-sodium soy sauce for extra umami.
 - Excellent served with mashed potatoes, spinach salad, focaccia, or biscuits.
 - Keeps 2 days refrigerated / freezes up to 1 month.
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Ingredient Availability (Japan-Friendly)

- **Potatoes (じゃがいも)** – メークイン or 男爵 (だんしょく) work well.
- **Low-sodium broth** – use Knorr 無添加 ブイヨン
- **MSG (味の素®)** – standard 80 % salt: 20 % MSG ratio already applied.