

## Chicken Cream Stew

(Japanese - S&B Mix)

Serves 4-5 (8-10)

### Ingredients

- ½ T canola oil (1T)
- 250 g chicken thighs or breast (skinless) (450g)
- 200 g onions (400g)
- 100 g carrots (200g)
- 225 g potatoes (450g)
- ½ head broccoli, cut into florets (1 head)
- 450 ml water (900ml)
- 100 ml soy milk (糖質 75% オフ調整豆乳) (200ml)
- 1 packet S&B 濃いシチュー クリーム mix (2 packets)



濃いシチュー クリーム

### Instructions

1. Slice **onions** into 1-cm wedges. Cut **carrots** and **potatoes** into bite-size pieces and soak briefly in water, then drain.
2. Divide **broccoli** into small florets. Cut **chicken** into bite-size pieces.
3. Heat **canola oil** in a Dutch oven and sauté onions until translucent.
4. Add chicken and cook until lightly browned.
5. Add carrots and potatoes; stir-fry briefly.
6. Pour in **water**, **bring to a boil**, skim off foam, then simmer for **about 20 minutes** until tender.
7. Turn off the heat, add the stew roux, and stir to dissolve.
8. Add **soy milk** and **broccoli**. Turn the heat back on and simmer gently until thickened and broccoli is tender.

### Base Nutrition (without chicken)

	Calories	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Sodium (mg)
	92	1.2	5.9	3.4	8.1	0.2	0.2	472

Type	Calories (kcal)	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Sodium (mg)
Chicken Thigh – Per Serving (¼)	188	16.8	10.0	3.8	9.3	1.8	1.5	490
Chicken Breast – Per Serving (¼)	168	19.3	7.0	2.5	9.0	1.8	1.5	488

- Sodium is derived mainly from the S&B mix (~1.8 g salt eq. = 720 mg Na per serving).
- Fat and saturated fat are higher with thigh meat but the flavor is richer.
- For a lighter version, use chicken breast and add 0.2 g MSG per serving to boost umami.
- **Each portion is approximately 400 g of stew.**