

Our State eats

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Hearty Chicken Stew

Yield: 6 to 8 servings.

- 1½ pounds boneless, skinless chicken thighs, cut into 2-inch chunks**
- 1 tablespoon olive oil**
- 3 medium carrots, sliced into ½-inch pieces**
- 2 stalks celery, sliced**
- 1 medium sweet onion, chopped**
- 6 cloves garlic, chopped**
- 5 cups chicken stock, divided**
- 2 tablespoons all-purpose flour**
- 1 bay leaf**
- 4 fresh thyme sprigs**
- 6 fingerling potatoes, quartered**
- ¼ cup chopped fresh parsley**
- Salt and freshly ground black pepper to taste**

Season the chicken with salt and pepper. Heat oil in a Dutch oven over high heat. Add chicken and cook, stirring occasionally, until brown on all sides, about 6 minutes total. Transfer to a plate.

Add carrots, celery, and onion to the Dutch oven and cook until onion begins to soften, about 4 to 5 minutes. Add garlic and cook for about 30 seconds, stirring constantly to keep garlic from burning. Add ½ cup chicken stock while stirring and scraping bottom of pot to loosen browned bits.



In a small bowl, whisk together flour and ½ cup stock; add to the pot. Stir in chicken and remaining 4 cups stock. Add bay leaf and thyme, and season with salt and pepper. Bring to a boil, then reduce heat to medium-low and simmer for 25 minutes, partially covered.

Add potatoes and cook, uncovered, until potatoes are tender, about 15 to 20 minutes. Stir in parsley and discard bay leaf before serving.

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