



Gluten-free Chicken Stew

Serve with Gluten-Free Dumplings

Recipe from *The Flour Farm*



Ingredients



- 8 cups No Sodium Added Chicken Stock
- About 2 lbs Chicken Breasts/Thighs, boneless, cut into two inch chunks
- About 1 tsp dried Parsley
- About 1 tsp dried Thyme
- 1 stick Butter
- 3/4 cup Diced Onion
- 2 Large Carrots Diced
- 3 1/2 - 4 cups Mushrooms
- 3/4 cup **Flour Farm Organic Gluten Free Flour Blend**
- 1/2 tsp Poultry Seasoning
- 1/4 C Fresh Parsley Leaves, chopped and loosely packed
- 1/4 tsp dried thyme
- 1/4 cup Heavy Cream
- Salt, seasoning, and pepper to taste
- Additional Parsley for garnish

Yield: 10 servings

Serving Size: 12 oz.



Directions



Step 1: Pour chicken stock into a large sauce pan. Add chicken and sprigs of herbs. Bring to a boil and then reduce heat to low. Partially cover and simmer for 20 minutes. Occasionally skim foam off the surface.

Step 2: Remove cooked chicken with tongs or a slotted spoon and transfer to a large bowl or plate. Allow to cool for about 5 minutes. Pull chicken off the bones and shred it. Meat should yield about 4 cups (567g/20 oz).

Step 3: Remove herb sprigs from the stock. Add shredded chicken back to stock. Keep stock on low or warm.

Step 4: In a large Dutch oven or stock pot, melt the butter over medium heat. Add the onion, carrots and mushrooms. Sauté vegetables until tender - about 6 minutes. Do not brown.

Step 5: Sprinkle the flour and poultry seasoning over the vegetables. Cook and stir for 2 minutes. Add stock with chicken to the vegetables one cup at a time, stirring between each cup to prevent lumps.

Step 6: Cook for several minutes to allow soup to thicken. Once it begins to thicken, add chopped herbs and heavy cream. Stir to combine.

Step 7: Season to taste with salt and ground pepper if desired.

Nutrition Facts

10 servings per container

Serving size 12 oz

Amount Per Serving
Calories 350

% Daily Value*

Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 0mg	0%
Vitamin A	100%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- We like to add Borsari Seasoning salt and additional poultry seasoning to our soup.
- Keep warm until ready to serve or add dumplings.

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