Hearty Chicken Stew

Preparation time 60 minutes

Makes 4 servings

Ingredients

- 2 pounds bone-in chicken thighs, skin removed
- 2-3 tablespoons homemade adobo without the salt (recipe below)
- Half of a 6 oz jar of pitted green olives, drained (about 20-25 olives)
- 1/2 cup sofrito (find this in the refrigerated produce section, near the salsa)
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 8 oz tomato sauce
- 1 bay leaf
- 2 tablespoons olive oil
- 1/2 bag (1 pound) of baby carrots, about 2 cups
- 2 cups small red skinned potatoes, quartered
- 1 lb frozen, cut up green beans, about 4 cups
- 2-4 cups water

Homemade Adobo Seasoning without salt (makes 3 tablespoons)

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons ground cumin
- 1 teaspoon oregano

Directions

1. Sprinkle homemade adobo on both sides of the chicken thighs. Add olive oil to a soup pot and briefly brown chicken on both sides. Remove to a plate and set aside.
2. Add chopped onion and sauté until soft, about 5 minutes. Add garlic and and sofrito sauté for several minutes.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

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3. Add the chicken back to the pot, along with the rest of the ingredients. Add 2-4 cups water, just enough to barely cover the chicken and vegetables.
4. Simmer with the lid on over medium heat until the vegetables are very tender, about 25 minutes. Crush some of the potatoes with a spoon to thicken the broth.
5. Delicious paired with an avocado and lettuce salad.

Nutrition

- Serving Size: 2.5 cups
- Calories 339, Carbs 33g, (net carbs 25g) Added sugar 0g, Fiber 8g
- Fat 13g, Saturated Fat 1g Protein 28g, Sodium 690mg, Potassium 925mg

Tips

If you prefer to skip the olives, adding a scant 1/4 tsp salt will maintain a similar flavor balance and sodium content. If you have leftover sofrito, or tomato sauce, they both freeze well.

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.