

Foodnity Recipes

Chicken Stew Recipe

Hearty chicken stew with tender meat, vegetables, and savory broth—ideal for a cozy dinner.

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs chicken thighs, bone-in, skinless
- [ ] 4 carrots, sliced
- [ ] 3 potatoes, diced
- [ ] 2 stalks celery, chopped
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups low-sodium chicken stock
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] 2 sprigs fresh thyme
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste

Finishing

- [ ] 2 tbsp chopped fresh parsley
- [ ] Juice of ½ lemon (optional)

Instructions

1. Season the chicken thighs with salt, pepper, and smoked paprika.
2. In a large pot, heat olive oil over medium-high heat and sear the chicken until browned on both sides, about 4 minutes per side. Remove and set aside.
3. Add onion, celery, and garlic to the pot; sauté until fragrant and translucent, about 5 minutes.
4. Stir in carrots and potatoes, then return the chicken to the pot. Pour in chicken stock, add thyme and bay leaf, and bring to a gentle boil.
5. Reduce heat to low, cover, and simmer for 70-80 minutes until chicken is tender and vegetables are soft. Finish with parsley and lemon juice if desired.

Nutrition per serving

420 kcal	35 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, brown the vegetables slightly before adding stock.
- If you prefer a thicker stew, mash a few potato pieces against the side of the pot.
- A splash of butter chicken broth can add a silky finish.