

Foodnity Recipes

Slow Cooker Chicken Stew

20 min Prep time	**8 h** Cook time	**8 h 20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb chicken thighs, bone-in, skin removed
- [ ] 3 carrots, peeled and sliced
- [ ] 2 potatoes, diced
- [ ] 2 parsnips, sliced
- [ ] 2 celery stalks, chopped
- [ ] 1 onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 2 sprigs fresh thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste

For the Finish

- [ ] 2 tbsp olive oil
- [ ] 2 tbsp Worcestershire sauce
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Optional: 1 tsp hot sauce for a gentle kick

Instructions

1. Season the chicken thighs with salt and pepper, then brown them in olive oil over medium heat for 3-4 minutes per side; this creates a richer broth.
2. Transfer the browned chicken to the slow cooker. In the same pan, sauté onions, garlic, celery, and carrots until softened, then pour into the cooker.
3. Add potatoes, parsnips, thyme, bay leaf, broth, and Worcestershire sauce. Stir gently to combine.
4. Cover and set the slow cooker to low for 8-10 hours, or high for 4-5 hours, until the chicken is tender and vegetables are fork-soft.
5. Before serving, remove the bay leaf, sprinkle fresh parsley, and adjust seasoning. Ladle into bowls and enjoy.

Nutrition per serving

380 kcal	32 g	30 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker stew, mash a few potatoes against the side of the pot and stir.
- For added depth, drizzle a little bit of cream just before serving.
- Feel free to add a handful of frozen peas in the last 30 minutes.