



Chicken Stew

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
½ cup	vegetable oil	125 mL
4	onions, diced	4
4 cloves	garlic, minced	4 cloves
1 cup	all-purpose flour	250 mL
8 cups	low-sodium broth	2 L
4	carrots, sliced	4
3	red peppers, diced	3
6 stalks	celery, diced	6 stalks
6 cups	mushrooms, sliced	1.5 L
1 tsp	rosemary, dried	5 mL
4	bay leaves	4
1 cup	milk	250 mL
1 bunch	green onions, sliced	1 bunch
4 cups	green peas	1 L
1 tsp	salt	5 mL
Optional:	pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Place chicken on a parchment-lined baking sheet. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C). Cool slightly and cut into bite-sized (1-inch) pieces.

Note 1: Instructions are continued on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

3. Meanwhile, heat oil in a large pot over medium-high heat. Sauté onion until soft. Add garlic and cook for 2 minutes.
4. Stir in the flour and then whisk in the broth. Bring to a simmer, whisking constantly until thickened.
5. Add the vegetables, herbs, chicken, salt, and pepper (if using).
6. Continue cooking over medium heat until the stew returns to a simmer, then turn the heat down to low, just enough to maintain the simmer. Cover tightly and continue cooking for approx. 30 minutes.
7. Stir in the milk, green onions, and peas. Heat through, but do not boil (milk will curdle if stew is boiling).

Vegetarian Substitution suggestion:

Bean Stew (see recipe)

Nutrition Information	
Serving 175 g (6 oz)	
Calories	190
Fat	9 g
	Saturated 2.5 g
	+ Trans 0 g
Sodium	230 mg
Carbohydrates	8 g
	Fibre 2 g
	Sugars 2 g
Protein	18 g
Calcium	40 mg
Iron	1.5 mg

Food Guide Servings
1 Vegetable & Fruit
1 Meat & Alternative