



Total Time
180 MIN.

Serving Size
1 BOWL

Difficulty
EASY

Colourful and hearty, this stew is loaded with morsels of chicken in a rich sauce that will satisfy diners looking for a comforting lunch or dinner.

Yields
40

INGREDIENTS

WEIGHT

MEASURE

	4 lb	
	2 tsp	10 mL
	1 cup	125 mL
	2 cups	500 mL
	3 lb	
	2 tbsp	30 mL
	2 tbsp	30 mL
	1 tub (4 lbs)	1 tub (1.81 kg)
	8 cups	2 L
	1 tbsp	15 mL
	5 lb	
	3 lb	
	4 cups	1 L
	4 cups	1 L
	2 cups	500 mL



Tip

Anchovy paste gives the stew a deep, umami flavour but can be omitted.

Tip:



INSTRUCTIONS

1. Toss chicken with salt and pepper. Heat some of the oil in large stock pot set over high heat; brown chicken all over in batches, adding more oil as needed; set aside. Add onions, carrots, garlic and anchovy paste to stock pot; cook, stirring occasionally, for about 10 minutes or until softened.

2. Stir in soup, broth and Worcestershire sauce until well combined. Add bay leaves and bring to simmer. Return chicken and any accumulated juices to stock pot. Simmer for about 30 minutes or until chicken is tender.

3. Add sweet potatoes and parsnips. Simmer for about 45 minutes or until vegetables are cooked through. Discard bay leaves. For future service, stew can be cooled thoroughly and refrigerated for up to 3 days. For immediate service, stir in peas, corn and parsley. Serve with warm biscuit.

Serving: In small saucepan, heat 1 1/2 cups (375 mL) stew, and 1/4 cup (60 mL) each peas and corn. Stir in 2 tbsp (30 mL) chopped parsley before serving.