

Long Livo

Slow Cooker Chicken Stew: A Family Favorite

20 min Prep time	**6 h** Cook time	**6 h 20 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Stew

- [ ] 2 lbs chicken thighs (bone-in or boneless)
- [ ] 1 large onion, chopped
- [ ] 3 carrots, peeled and chopped into 1-inch pieces
- [ ] 3 potatoes, peeled and cubed
- [ ] 4 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 4 cups chicken broth
- [ ] 1 tbsp tomato paste
- [ ] 2 bay leaves
- [ ] 1 tsp dried thyme
- [ ] 1 cup frozen peas
- [ ] Salt and black pepper to taste

Instructions

1. Heat the olive oil in a large skillet over medium-high heat. Pat the chicken dry and season with salt and pepper. Brown the chicken on both sides, about 3-4 minutes per side. You're not cooking it through, just getting nice color.
2. Transfer the chicken to your slow cooker. In the same skillet, add the onions and cook until softened, about 5 minutes. Add the garlic and cook for another minute until fragrant.
3. Add the tomato paste to the skillet and cook for 1 minute, stirring constantly. This brings out its sweetness and richness.
4. Transfer the onion mixture to the slow cooker. Add the carrots, potatoes, bay leaves, thyme, and chicken broth. Stir everything together gently.
5. Cover and cook on low for 6-7 hours or on high for 3-4 hours. The chicken should be falling-apart tender.
6. About 15 minutes before serving, remove the bay leaves. Stir in the frozen peas and let them heat through. Taste and adjust seasoning if needed.

Nutrition per serving

320 kcal	28 g	25 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using boneless chicken thighs, reduce cooking time by about 1 hour
- For a thicker stew, mix 2 tbsp cornstarch with 2 tbsp cold water and stir in during last 30 minutes
- Leftovers freeze beautifully for up to 3 months