

Chicken Stew Recipe

8 pieces	chicken, breasts or legs
1 cup	water
2 small	garlic cloves, minced
1 small	onion, chopped
1½ teaspoons	salt
½ teaspoon	ground black pepper
3 medium	tomatoes, chopped
1 teaspoon	parsley, chopped
¼ cup	celery, finely chopped
2 medium	potatoes, peeled and chopped
2 small	carrots, chopped
2	bay leaves

1. Remove the skin and any extra fat from the chicken, and throw it away. In a large skillet, combine chicken, water, garlic, onion, salt (as little as possible), pepper, tomatoes, and parsley. Tightly cover, and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves, and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Yield: 8 servings

Serving size: 1 piece of chicken

Each serving provides:

Calories: 206

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 75 mg

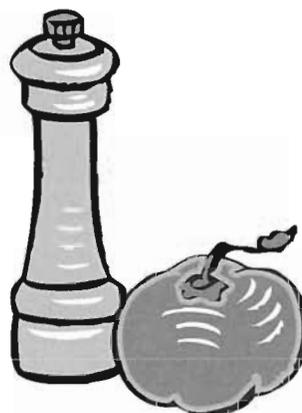
Sodium: 489 mg

Total fiber: 2 g

Protein: 28 g

Carbohydrates: 10 g

Potassium: 493 g



Quick Facts

This recipe is lower in saturated fat and cholesterol because:

- The dish is made with chicken without the skin, and extra fat is removed.
- No fat is added. The dish is flavored with vegetables and seasonings, and it is cooked slowly in water (moist heat) instead of fat.

