

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

CHICKEN SOUP STEW

43



CHICKEN SOUP STEW



INGREDIENTS

- 1 onion
- 1 carrot
- 2 potatoes
- 2 cloves of garlic
- 1tbsp vegetable oil
- 1 packet of chicken thighs, skinless, bone in [approx. 6-8 thighs]
- 1 tin of chicken soup
- 2 mugs of water
- 1 mug of frozen peas



A really comforting family stew. And it's easy peasy thanks to a great little shortcut...

METHOD

01

Pop the oven on at 180C.

02

Start by peeling the onion, carrot and potatoes and then chop them into bite-size chunks. Peel and roughly chop the garlic.

03

Heat the vegetable oil in a large deep ovenproof pan. Once hot, add the chicken thighs and cook for 4-5 minutes on each side until golden brown. Pop these on a plate and set aside.

04

Into the same pan, add the onion and cook for 1-2 minutes until it starts to turn golden. Add the garlic and give it a stir, then pop the carrot and potatoes in too. Cook for a few minutes until the veg is starting to soften, then add the chicken thighs back to the pan.

05

Pour the tin of chicken soup into the pan, and then add 2 mugs of water to cover the chicken. Bring it to the boil so it starts to bubble, then cover the pan with a lid or a piece of foil and put it in the hot oven. Cook for 40-45 minutes until the chicken thighs are cooked all the way through and the sauce is thickened.

06

Remove the pan from the oven and stir the peas into the stew, then cover again with the lid or foil and leave it to sit for 5 minutes, then spoon into bowls to serve.



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