
Chicken Stew II

Mary Tolstick - New York, NY

North American Potpourri - Autism Directory Service, Inc - 1993

1 (3-1/2 pound) chicken, cut up
1 onion, sliced
4 cloves garlic
2 to 4 ounces fresh parsley, chopped
1/4 teaspoon curry powder
salt (to taste)
pepper (to taste)
2 carrots, sliced
4 potatoes, peeled and quartered
2 cups chicken stock or broth

In a skillet, saute' the chicken, onion and garlic in oil until cooked. Transfer the chicken and vegetables to a large pot.

Add the parsley, curry powder, salt, pepper, carrots and potatoes. Add the chicken stock.

Cook until soft, about one hour. Stir occasionally.

Soups, Chili, Stew

Per Serving (excluding unknown items): 3023 Calories; 181g Fat (54.5% calories from fat); 215g Protein; 125g Carbohydrate; 18g Dietary Fiber; 1044mg Cholesterol; 953mg Sodium. Exchanges: 6 Grain(Starch); 28 Lean Meat; 6 1/2 Vegetable; 18 1/2 Fat.