

# Simple Chicken Stew

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 4

1 (4 to 5 pound) chicken, cut up and skinned  
1 can (10-3/4 ounce) cream of chicken soup  
1 cup water  
1 cup celery, sliced  
1 medium onion, chopped  
1 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon poultry seasoning  
3 medium potatoes, sliced  
4 medium carrots, pared and thickly sliced  
1/4 cup all-purpose flour  
1/2 cup water

In a six- to-eight-quart pan, place the chicken, soup, water, celery, onion, salt, pepper and poultry seasoning. Cover and simmer the chicken for one hour, stirring occasionally.

Add the potatoes and carrots. Simmer for an additional 45 minutes or until the chicken and vegetables are just tender.

To thicken, blend one-quarter cup of flour and one-half cup of water. Stir slowly and carefully into the stew. Cook for 10 minutes or until thickened, stirring occasionally.

Serve with fresh fruit and crescent dinner rolls.

Per Serving (excluding unknown items): 980 Calories; 61g Fat (56.4% calories from fat); 69g Protein; 36g Carbohydrate; 5g Dietary Fiber; 342mg Cholesterol; 1100mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 Lean Meat; 2 Vegetable; 6 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	980	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	56.4%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	14.9%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	28.7%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	61g	Folacin (mcg):	146mcg
Saturated Fat (g):	17g	Niacin (mg):	27mg
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
		% Daily Value:	0.00%

<b>Cholesterol (mg):</b>	342mg
<b>Carbohydrate (g):</b>	36g
<b>Dietary Fiber (g):</b>	5g
<b>Protein (g):</b>	69g
<b>Sodium (mg):</b>	1100mg
<b>Potassium (mg):</b>	1630mg
<b>Calcium (mg):</b>	98mg
<b>Iron (mg):</b>	7mg
<b>Zinc (mg):</b>	6mg
<b>Vitamin C (mg):</b>	38mg
<b>Vitamin A (i.u.):</b>	23618IU
<b>Vitamin A (r.e.):</b>	2993 1/2RE

## Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	9
<b>Vegetable:</b>	2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	6 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	980	<b>Calories from Fat:</b> 553
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### % Daily Values\*

<b>Total Fat</b>	61g	93%
Saturated Fat	17g	83%
<b>Cholesterol</b>	342mg	114%
<b>Sodium</b>	1100mg	46%
<b>Total Carbohydrates</b>	36g	12%
Dietary Fiber	5g	20%
<b>Protein</b>	69g	

<b>Vitamin A</b>	472%
<b>Vitamin C</b>	63%
<b>Calcium</b>	10%
<b>Iron</b>	39%

\* Percent Daily Values are based on a 2000 calorie diet.