

FOOD GATHERERS CHICKEN STEW

From the Kitchen of: Scott Roubek, Kitchen Manager, Food Gatherers Community Kitchen

Preparation Time: 45 minutes | **Cook Time:** 4 hours | **Yield:** 130 (12-ounce) bowls

Common Allergens: Milk, Wheat

INGREDIENTS:

FOR THE GRAVY:

- 3 gallons low sodium chicken broth
- 3 cups butter
- 3 cups flour

FOR THE POTATOES:

- 30 pounds potatoes, pasta, rice, dumplings, or biscuits

FOR THE STEW:

- 2-2 1/2 cups olive oil
- 4 pounds medium onions, diced, divided
- 2 pounds celery, finely chopped
- 20 cloves garlic, finely chopped
- 2 Tablespoons turmeric
- 40 pounds chicken or turkey, cubed, or substitute white or navy beans (1, 15 oz can, drained and rinsed, per pound of chicken), or up to 10 pounds of cubed ham plus 30 pounds of other protein
- 2 Tablespoons salt, or to taste
- 2 Tablespoons black pepper
- 10-12 pounds mixed vegetables, such as carrots, parsnips, broccoli, cauliflower, mushrooms, red peppers, turnips, rutabaga, or corn, cut into 1-inch pieces
- 5 pounds fresh or frozen green beans, cut into 1-inch pieces
- 5 pounds frozen peas
- 1 1/2 cups fresh herbs, such as dill, parsley, sage, rosemary, or thyme, or substituted with 1/2 cup dried herbs

"This dish is a comfort food crowd pleaser! It is hearty, satisfying, and full of flavor. It's one of our meal guests' favorite dinners and we often hear, 'It's just like my mom used to make!'" says Scott.

Scott adds, "Food brings people together. Good, delicious, and healthy food is a conversation starter that fosters the opportunity to build connections. Many of those we serve dine with us on a regular basis and when joining us for meals, develop friendships, create support systems, and there is a strong sense of community and belonging among our meal guests."

To stay true to the type of cooking done by the Community Kitchen staff, we have included this recipe as it would be made in the Food Gatherers Community Kitchen, which serves around 100 guests at each mealtime. If you're daring, try this for a large family gathering!

INSTRUCTIONS:

MAKE THE GRAVY:

- In a large pan over high heat, warm the stock until it is hot.
- In a separate large pan, melt 3 cups of butter over medium heat.
- Slowly incorporate 3 cups of flour into the melted butter, stirring constantly until the mixture is golden in color.
- Slowly whisk the hot broth or stock 4 cups at a time into the flour/butter mixture until the gravy thickens, and the flour is fully incorporated. Cover the gravy and set aside.

MAKE THE POTATOES

- Scrub, peel and cube the potatoes into a 1/2 inch dice.
- Boil or steam the potatoes until they are nearly cooked through. Drain the potatoes and set them aside.

COOK THE STEW:

- Heat 2 cups of olive oil over medium heat and sauté 1/2 of the onions and the celery until the onions are just translucent.
- Add the mushrooms (if using) and sauté until they begin to soften.
- Add the garlic and turmeric and cook for 1 minute, making sure the garlic does not burn.
- Add the chicken, salt, and pepper and, if using, the dried herbs. Sauté for 5 minutes.
- Add the carrots and, if using, any other root vegetables until they are nearly cooked through.
- Add additional vegetables (except the peas) and cook for 5 minutes.
- Drain the cooked meat and vegetables and reserve any accumulated liquid for another use.
- Add in the cooked potatoes and gravy and continue to cook the potatoes and vegetables until a fork can easily slide into the vegetable and potato pieces with little resistance.
- Add the frozen peas and the remaining onions and cook for 3-4 minutes.
- Add any fresh herbs.
- Add salt and pepper to taste.

NOTES:

- Unless labeled low sodium, canned gravy and gravy mixes are high in sodium, so use minimal salt during the cooking process and salt to taste just before serving when using a store-bought product.
- To maintain food safety, chicken and chicken gravy must be cooked to 165° F.
- To substitute rice or pasta instead of potatoes, 2 ounces of dry product equals one serving. Cook separately and you can serve the stew over the rice/pasta or add it to the stew when adding in the green beans and peas.

MAKE DINNER PARTY PLANNING EASIER

Cooking for a large group can be tricky! Knowing how much food will keep your dinner guests satisfied without leaving waste is often a guessing game. **Overpreparing food is one of the top causes of food waste in households.**

The Guestimator tool, created by the Natural Resources Defense Council, is a digital calculator that helps you take the guesswork out of portion planning and “right-size” your party prep. Just plug in the number of guests you expect and the type of dishes you plan to serve. The Guestimator will tell you how much food to make!

Try it out: savethefood.com/guestimator