

HEARTY CHICKEN THIGH STEW

Adapted from Beth Moncel | Ingredients found in your surprise meat share are indicated by a ★



INGREDIENTS

- 1 $\frac{3}{4}$ lbs Elmwood chicken thighs ★
- 4 tbsp all-purpose flour
- 2 tbsp butter
- 1 tbsp olive oil
- 1 onion, diced
- 3 ribs of celery, diced
- 4 cloves garlic, minced
- $\frac{1}{2}$ lb carrots, sliced
- 1 $\frac{1}{2}$ lb potatoes, cubed
- 1 tsp dried parsley
- $\frac{1}{2}$ tsp dried thyme (or 1.5 tsp fresh)
- $\frac{1}{2}$ tsp dried rosemary (or 1.5 tsp fresh)
- $\frac{1}{2}$ tsp dried sage (or 1.5 tsp fresh)
- $\frac{1}{4}$ tsp black pepper
- 2 cups Elmwood chicken bone broth ★
- 2 cups vegetable broth
- 1 tbsp fresh parsley (optional)

INSTRUCTIONS

1. Debone and remove skin from chicken thighs if using bone-in thighs. Cut thighs into 1 inch pieces. Sprinkle 2 Tbsp flour over chicken and toss until evenly coated.
2. Add butter and olive oil to a large pot. Heat over medium until sizzling.
3. Add flour-coated chicken to the pot with butter and oil and allow chicken to brown on all sides (avoid stirring until browned on the bottom). When chicken is browned and there is a nice brown layer of flour on the bottom of the pot, move chicken to a clean bowl with a slotted spoon. Chicken does not need to be cooked through yet, just browned.
4. Add onion, celery, garlic, and carrots to the pot and sauté until onions are soft. Use moisture from vegetables to dissolve and scrape the browned bits off the bottom of the pot.
5. Once vegetables are slightly softened, add remaining 2 tbsp flour to the pot. Sauté over medium for about two minutes more. The flour will begin to coat the bottom of the pot again.
6. Return the browned chicken to the pot. Add the potatoes, parsley, thyme, rosemary, sage, pepper, chicken broth, and vegetable broth. Stir to combine. Make sure to incorporate any flour coating at the bottom.
7. Place lid on the pot and bring to a boil. Once boiling, remove lid and turn heat down to medium-low. Simmer without a lid, stirring occasionally, for ~30 minutes or until potatoes are tender and broth has thickened.
8. Taste stew and add salt if needed. Add parsley if desired, and serve hot.