

Chicken Stew in the Crock Pot

Ingredients:

- * ½ cup unbleached flour (can use non-gluten flours such as rice flour)
- * 1 tsp salt
- * ½ tsp black pepper
- * 1 tsp Italian spices
- * 3lbs free-range, natural chicken cut into bite sized pieces
- * 1 tbs olive oil
- * 4 large carrots sliced into 1 inch slices – or 2 cups baby organic peeled baby carrots
- * 4 stalks organic celery cut ½-1 inch pieces
- * 1 onion thinly sliced
- * 2-3 sprigs fresh rosemary
- * 1 tsp Italian seasoning
- * 2 cups organic chicken or vegetable stock – GREAT if this can be homemade – otherwise pick a lo-sodium option
- * 1 cup organic frozen peas
- * 4 cloves garlic coarsely chopped

Steps:

1. In bowl combine flour, salt and pepper and Italian spices. Toss chicken pieces into mixture and coat. Transfer to a plate. In large non-stick skillet heat oil over medium-high heat add chicken pieces and cook for 8-10 minutes or until brown on all sides. Set aside
2. Add carrots, onion, garlic, Italian seasoning and rosemary to slow cooker. Place chicken pieces on top of vegetables. Pour chicken stock into slow cooker and cover. Cook on low for 8-10 hours or high for 4-6 hours (see guidelines for your crock-pot) Add frozen peas with 20-30 mins left until serving time
3. Feel free to use this as a base and add your favorite vegetables – such as mushrooms, yams, green beans, peppers etc...or use turkey or lamb – and mix up the spices – add Ginger, Chili peppers ...You name it!

