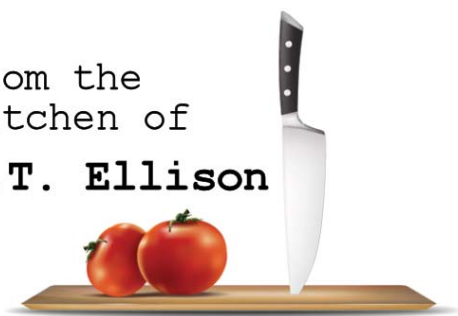


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 2 tablespoons olive oil
- ✓ Mire poix (1/3 cup *each* diced celery, onion and carrot)
- ✓ 1/2 cup cornstarch
- ✓ salt & pepper, to taste
- ✓ 3 boneless, skinless chicken breasts cut into 2–3 inch chunks
- ✓ 1 quart chicken broth
- ✓ 1 cup water
- ✓ 2 chicken bouillon cubes
- ✓ 2 (14 oz.) cans white potatoes
- ✓ 3 large carrots, rough chopped

Chicken Stew (makes 6 servings)

This is a family favorite, merging my mother's recipe with my own. Happily, by using cornstarch instead of flour, it becomes gluten-free. The cornstarch gives the stew a cleaner flavor, too, so bonuses all around.

Directions

- In a Dutch oven or large pot, heat the olive oil over medium-high heat until shimmering.
- Add the mire poix and cook until vegetables are browned and translucent, about five minutes.
- While mire poix browns, add cornstarch, salt, and pepper to a Ziploc bag.
- Add the chicken to the bag and gently work cornstarch in, making sure the chicken is thickly covered.
- Brown the dredged chicken in the mirepoix and oil, turning frequently, until fully cooked
- Add broth, water, and bouillon cubes.
- Stir, and simmer on low heat for one hour.
- Add potatoes and carrots.
- Simmer for an additional hour, until the stew thickens.*
- Serve with biscuits.

Cook's Note

*If the stew doesn't thicken, here's a trick. Put two tablespoons of cornstarch to a mixing cup. Add in ½ cup of hot broth, mix into a paste, then slowly add back into the stew. Allow to thicken for another fifteen minutes. Repeat if necessary.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a wine to go with your recipe? Check out J.T.'s wine blog, [The Wine Vixen](http://TheWineVixen.com), at TheWineVixen.com.

