

Eat Well Recipe

Chicken Vegetable Stew

Ingredients:

- 3 cups fresh baby carrots
- 4 cups cubed (1-inch) peeled potatoes
- 2 cups celery, cut into pieces (6 stalks)
- 1 cup sliced onion
- 1 can (14.5 ounce) diced tomatoes with juice
- 5 cups skinless chicken breasts, cut into pieces
- 4 cans (14.5 ounce) fat free, low-fat chicken broth
- 5 chicken bouillon cubes

Spray 5-quart slow cooker with nonstick cooking spray. Layer all vegetables in slow cooker. Top with chicken. Pour broth over chicken. Cover; cook on high setting for 4 hours or on low setting 8 hours. Stir just before serving.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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