Stewed Chicken & Vegetables

**Ingredients:**
- 2 tbls olive oil
- 2 stalks celery, cut in pieces
- 1 carrot, peeled, cut in pieces
- 1 small onion, chopped
- Black pepper to taste
- 2 (14 1/2 oz) cans Italian style chopped tomatoes
- 1 (14 oz) can chicken stock
- 1/2 tsp dried thyme or 1 tsp fresh thyme
- 4 chicken thighs, skinless, bone in
- 1 (15 oz) can Great Northern Beans

**Utensils Needed:**
- Skillet
- Cutting Board
- Knife
- Food thermometer
- Slow Cooker (optional)

**Directions:**

1. Heat the oil in a heavy skillet over medium heat. Add the celery, carrot and onion and sauté until the onion is translucent. Season with pepper to taste.

2. Stir in the tomatoes with juices, chicken stock, and thyme. Add the chicken thighs.

3. Bring to a simmer, reduce heat to low and simmer uncovered for approximately 25 minutes or until internal temperature of the chicken is 165 degrees.

4. Add the beans and simmer for 5-10 minutes until thickened.

5. The recipe can also be assembled in a slow cooker and cooked on high for 4 hours. Add the beans during the last 30 minutes of cooking.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 thigh</th>
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<tbody>
<tr>
<td>Calories</td>
<td>239</td>
</tr>
<tr>
<td>Fat</td>
<td>8 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>33 mg</td>
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<tr>
<td>Sodium</td>
<td>447 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>26 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
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<tr>
<td>Protein</td>
<td>16 g</td>
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