

Crockpot Turmeric Chicken Stew

Prep Time: 25 minutes

Cook Time: 4-6 hours

Total Time: 4 hours and 25 minutes

Servings: 4+

Serving Size: 1 large bowl

Ingredients:

2 pounds organic, boneless skinless chicken thighs
1 tablespoon coconut oil, melted
1 medium to large onion, diced
3 carrots, peeled and sliced into ¼ inch rounds
½ a red bell pepper, diced
1 teaspoon ground turmeric
2 cloves garlic, minced
1 inch ginger, peeled and minced
1 small-medium sweet potato, peeled and cubed into bite size pieces*
1 quart organic chicken broth
1 cup coconut milk, reserve ¼ cup
1 tablespoon arrowroot powder
½ cup cilantro, chopped for garnish

Directions:

1. Heat a large skillet over medium-high heat and add the onions and carrots and sauté for 4 minutes
2. Add the garlic, ginger, red bell peppers, and 1 teaspoon turmeric, give it a good mix and let sauté for an additional 2 minutes.
3. Place the chicken thighs in the slow cooker or crockpot, then add the sautéed veggies and spices, the sweet potato, the broth, and ¾ cup of the coconut milk. Give everything a really good stir, then cover and cook on low for 4-6 hours.
4. Check it at 4 hours and use two forks to shred the chicken thighs, if they fall apart easily, continue to shred all chicken and then give the stew a good stir. If the meat is not pulling apart with two forks, continue to cook and check every 30 minutes or so.
5. Combine the remaining ¼ cup coconut milk and 1 tablespoon arrowroot powder in a small bowl and whisk until arrowroot is completely dissolved. Then add the mixture to the stew and cook for about 5 minutes or until the stew thickens slightly.
6. Ladle into bowls and garnish liberally with cilantro.

Tips and Tricks:

If you want to have a potato free meal, cauliflower chopped into bite size pieces is a great substitute here. Or increase the carrots and add some celery or other veggie of choice.

This meal makes 4 very large bowls or 5-6 slightly smaller servings.

Nutritional Information Per Serving:

Calories: 245.3
Fat: 15.3 g
Cholesterol: 17.0 mg
Sodium: 640.8 mg
Total Carbohydrate: 20.5 g
Dietary Fiber: 3.6 g
Sugars: 4.0 g
Protein: 7.6 g