

Chicken and Broccoli White Stew

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1. Wash and dry the vegetables, remove the sprout from the potatoes and halve lengthwise the 1 inch slice crosswise. Cut Broccoli head into florets. Dice the onions, carrots and celery. Slice Chicken Breast into bite size.
2. Fill a medium pot with 2~3 cups of water. Boil broccoli for 2-3 minutes. Drain and set aside.
3. In a large pot heat 2 teaspoons of Olive oil on medium high until hot. Add the onions, carrots, celery and chicken breast, stirring occasionally, 4-5 minutes or until lightly browned and softened.
4. Add 2 1/2 cups of water to the pot and high- heat until boils. Skim off the fat that rises to the top of the soup. Cover the pot, Turn down the heat to low-medium and continue cooking for 20 minutes.
5. Add Potatoes and 3 Tablespoons of Chicken Broth Concentrate into the pot, high heat to boil then reduce heat and cover, continue cooking low medium heat for another 10 minutes.
6. Combine 1/2 cup cold water, 2 Tablespoons of flour. Mix well in the cup to dissolve. Also prepare one cup of milk. Set them aside.
7. Remove the pot from heat, Mix flour solution again in the cup and slowly blend into the pot. Mix thoroughly for 1 minutes.
8. Add the boiled broccoli into the pot.
9. Add one cup of milk and put over medium heat for about 1 – 2 minutes to thicken. Stir occasionally.
10. Turn off the heat.

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