# Chicken Stew Recipe

# http://www.stevegranthealth.com/wp-content/uploads/burn-chicken-stew.jpg

### INGREDIENTS

* 1 tbsp coconut oil
* 65g Leeks, chopped
* 3 rashes bacon, chopped
* 3 Garlic Cloves, finely chopped
* 1 stick celery, chopped
* 75g Chicken, diced
* 5 sprigs fresh thyme, chopped
* 500ml vegetable stock

### DIRECTIONS

* In a large pan add the coconut oil, leeks, bacon, garlic and celery and stir on a high heat for 5 mins.
* Add the chicken and cook until each piece is white/golden.
* Add the thyme and vegetable stock and bring to the boil, then reduce to a simmer and cook for around 45 minutes or until the chicken is cooked.
* Add salt and pepper to taste.
* This can be batch cooked.



* Kcal: 517
* Carbs: 11.6g
* Protein: 33g
* Fats: 37g
* Fibre: 4.3g