

## One-Pot Chicken Stew

Adapted from a recipe appearing on the Searchable Online Archive of Recipes from the University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>).

Yield: 8 servings

### Ingredients:

2 cups fat-free chicken stock  
1 28-ounce can diced tomatoes  
2 cups diced carrots  
1 medium onion, chopped  
4 garlic cloves, minced  
1 tablespoon oregano, crumbled  
1 tablespoon basil, crumbled  
8 skinless, boneless chicken breast halves, cubed  
½ cup pearly barley  
½ cup dry white wine  
salt and freshly ground black pepper to taste

### Procedure:

Combine all ingredients except salt and pepper in a 4- or 5-quart Dutch oven. Bring the mixture to a boil, and then reduce heat to a simmer. Continue simmering for 45 minutes with the pot covered, stirring occasionally. Uncover and simmer for 30 minutes more. Season to taste with salt and pepper and serve immediately.

about 235  
calories and  
2 grams of fat  
per serving

**A serving of One-Pot Chicken Stew also contains a full day's supply of vitamin A, as beta carotene, and about 40 percent of the daily recommendation for vitamin C.**



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