

Chicken Stew with White Beans

Ingredients

About 4 medium red skin potatoes, cut into chunks
1 C. baby carrots, or chunked large carrots
1 large sweet onion, cut into chunks
1 ½ cups cooked white beans
1 stick butter
½ C. flour
1 to 2 C. milk
½ C. white wine
2 t. chicken base
8 cups chicken broth
3 large chicken breasts, cooked and chopped into bitesize pieces

Bring chicken broth to a boil, and simmer carrots, covered, for about 2 hours or until tender but not mushy.

Add potatoes and boil for about 15 minutes.

Sauté onion in butter until caramelized. Set aside onions, but save pan with butter.

Make a roux:

Add ½ cup flour to the butter in the onion pan. Heat on low, whisking butter and flour into a paste. Add additional butter if necessary so that your roux is a paste and not just damp flour.

Add about 1 cup of milk, and the ½ C. white wine, stirring with a whisk until smooth. If the paste is too thick, add a little more milk. Whisk until smooth again.

Add to potatoes and carrots, mix well.

Add caramelized onions.

Add about 2 t. chicken base. Stir everything together.

Add cut up chicken and continue cooking until heated through.

Serve with biscuits or thick sliced bread.