



# Just Recipes.

## Dijon Chicken Stew with Potatoes and Kale

A flavorful stew that combines the zing of Dijon mustard with the earthy nutritiousness of kale.

### Ingredients

Serves 6

4 tsp [20 ml]	olive oil, divided
2 cups [500 ml]	sliced leek
4	garlic cloves, minced
1/3 cup [42.5 g]	all-purpose flour
1 lb [453 g]	skinless, boneless chicken thighs, cut into bite-sized pieces
1/2 lb [226 g]	skinless, boneless chicken breast, cut into bite-sized pieces
1/2 tsp [2.5 ml]	salt, divided
1/2 tsp [2.5 ml]	freshly ground black pepper, divided
1 cup [250 ml]	dry white wine
3 cups [750 ml]	fat-free, less-sodium chicken broth
1 tbsp [15 ml]	all-purpose flour
1 1/2 cups [375 ml]	water
2 tbsp [30 ml]	Dijon mustard
1 tbsp [15 ml]	grainy mustard (Meaux)
1 lb [453 g]	(1/2-inch) cubed peeled white potato
8 cups [2 L]	loosely packed torn kale (about 5 oz / 140 g)
	Crushed red pepper



### Method

Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek and sauté 6 minutes or until tender and golden brown. Add garlic, sauté 1 minute. Spoon leek mixture into a large bowl.

Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess. Heat remaining 1 tablespoon oil in pan over medium-high heat. Add half of chicken mixture, sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 6 minutes, browning on all sides. Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.

Add wine to pan, scraping pan to loosen browned bits. Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth. Add broth mixture, remaining 2 cups broth, water, and mustard to pan, bring to a boil. Stir in chicken mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 30 minutes.

Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale, cover and simmer 10 minutes. Garnish with crushed red pepper, if desired.

Recipe Credit: Cooking Light Magazine

Photo Credit: Marie Asselin

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