



INGREDIENTS

- 1 Chicken, Whole, fresh or frozen without neck and giblets (about 4 pounds, cut into pieces, without skin)
- 2 Tablespoons Olive Oil
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 2 Cups Carrots (peeled and sliced)
- 7 Cups Potatoes (peeled and cubed)
- 2 Cups Chicken Broth
- 1 Cup Irish Stout Beer (e.g., Guinness)
- 1 Tablespoon Tomato Paste
- 1 Teaspoon Thyme
- 1 teaspoon Rosemary
- 2 Bay Leaves
- Salt and Pepper (to taste)
- 2 Tablespoons Chopped Fresh Parsley (for garnish)

DIRECTIONS

1. Season the chicken pieces with salt and pepper.
2. In a large pot or Dutch oven, heat olive oil over medium-high heat. Add the chicken pieces in batches and brown on all sides. Remove and set aside.
3. In the same pot, add onions and cook until translucent, about 5 minutes. Add garlic and cook for an additional minute.
4. Stir in the carrots and potatoes, and season with thyme, rosemary, bay leaves, salt, and pepper.
5. Return the browned chicken pieces to the pot, nestling them among the vegetables.
6. Mix together the chicken broth, Irish stout, and tomato paste. Pour over the chicken and vegetables, ensuring everything is mostly submerged.
7. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 1.5 to 2 hours, until the chicken is tender and fully cooked.
8. Discard the bay leaves before serving. Taste and adjust seasoning if necessary.
9. Garnish with chopped fresh parsley before serving hot.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

16 Cups

PORTION SIZES

Toddler: 1 Cup
Preschool: 1¼ Cups
School Age: 1¾ Cups
Adult: 1¾ Cups