

Chicken Stew (serves 4-8) – Dutch Oven

2-3 pounds chicken
2 tablespoons olive oil
4 medium red potatoes
1 medium onion
2 medium carrots
1 large tomato
½ green bell pepper
¼ cup soy sauce
¼ cup water

Directions:

Preparation: Remove skin from chicken and cut into 8 pieces (or enough to cover the bottom of the Dutch oven. Wash and cut red potatoes into approximately 1 inch cubes (leave skin on). Peel and cut onion into 4 quarters. Peel and cut carrots into approximately ¾ inch pieces. Wash and cut up tomato into small wedges. Julienne the bell pepper.

Cooking: Spread olive oil in bottom of Dutch oven. Add chicken. Place all other ingredients on top of the chicken. Cover and cook for one hour with 16 charcoal briquettes on the bottom, and 12 briquettes on top. Salt and pepper to taste. Serve hot!