



# What's For Lunch?

## Recipe card

**Recipe** Chicken Stew

From the kitchen of: Spencer

### Ingredients:

### Instructions:

Chicken  
Peas  
Carrots  
Corn  
Potato  
Flour  
Chicken stock

Cook chicken until there is no pink in the middle.  
Cut the chicken into small pieces.  
Add water, chicken stock for flavour and chopped vegetables.  
When everything is cooked, add a bit of flour to thicken for the gravy.  
Serve in a bowl with a spoon and enjoy!

