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Healthy chicken and bacon casserole

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Ready in **1 hour 20 min**

A healthy hearty stew suitable for the whole family. This dish can be put together in one pot and is great for using up whatever vegetables you have in your cupboards. My friends and family have all said it is one of my best dishes, and I am sure that if you try it you will want to cook it again.

Ingredients

Serves: 5

1 tablespoon olive oil

200g bacon lardons

600g diced chicken breast

200g chopped mushrooms (optional)

6 spring onions, chopped

150ml (1/4pt) white wine

600g baby new potatoes

400g Chantenay carrots

100g fine green beans

600g chicken stock

1 tablespoon dried tarragon

Preparation method

Prep: 20 min | Cook: 1 hour

1. Coat large deep stewing pot with small amount of oil; drain excess.
Cook bacon until brown then remove from pan and set aside.

2.

Re-coat pot and cook chicken until golden on the outside, add the mushrooms and spring onion and cook for 2 minutes, then set contents of the pot aside with the bacon.

3. Pour in the wine and scrape up any bits stuck to bottom of pot.
4. Return the previously cooked ingredients to the pot along with the remaining ingredients.
5. Cover and simmer for 45 minutes or until all ingredients are cooked through. Season to taste and serve.

Tip

If you don't want beans or potatoes to be too soft, perhaps add them to the pan a bit later, eg. add potatoes in the last 20 minutes and the beans in the last 5 minutes of cooking.

Freezing tip

Perhaps double up on ingredients and freeze a family meal for another time.

Last updated: 27 Sep 2017