

## **Chicken Garlic Stew - Jan Mele**

**1 whole chicken (Can use chicken breasts; or thighs, drum sticks, and breasts)**

**2 Tbs olive oil**

**At least two heads of garlic - separated into cloves, but not peeled**

**1/2 Cup fresh minced parsley**

**Salt and pepper to taste**

**1/2 Tsp ground cinnamon or 1/4 Tsp allspice**

**1/2 Cup white wine or chicken broth**

**Brown chicken in olive oil**

**Place chicken, garlic, parsley, salt and pepper and cinnamon (or allspice) in large sauce pan or Dutch oven**

**Pour liquid over mixture**

**Heat to medium, bring to boil, cover tightly, reduce heat to low and cooks undisturbed for about an hour**