

*Aunty Tammy Mahealani Smith's*

# Lū'au Stew



## INGREDIENTS

2 tablespoons oil  
1 tablespoon garlic  
2# diced chicken,  
boneless skinless thighs  
1 quart water  
2# cooked lū'au  
2# cooked 'ulu, cleaned and  
cubed  
1 tablespoon chicken bouillon  
Pa'akai (Hawaiian salt) to taste

## DIRECTIONS

Heat oil, add garlic, then add diced chicken. Let that completely cook, then add water and let simmer for 10 minutes. Add in cooked lū'au, mix well, let that simmer, add in cooked 'ulu, mix well, let that simmer, add chicken bouillon, let simmer more and taste. Add pa'akai if needed. ENJOY!

## RESOURCE FOR PRE-COOKED 'ULU AND LŪ'AU

### **Kāko'o 'Ōiwi**

46-406 Kamehameha Hwy  
Kāne'ohe, HI 96744  
(808) 892-1055  
<https://kakoowiwi.org>