

TUSCAN CHICKEN STEW WITH HEARTY VEGETABLES

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 6 servings

1 tablespoon olive oil
3 tablespoons butter
1 medium onion, diced
2 cloves garlic, minced
3 cups chopped, celery
1 large zucchini, chopped
1 sweet red bell pepper, chopped
¼ cup flour
4 cups chicken broth
1 tablespoon Italian seasoning
½ teaspoon crushed red pepper flakes, optional
1 19 ounce can cannellini beans, drained and rinsed
1 28 ounce can diced tomatoes, undrained
1 cup diced cooked chicken breast
1 cup fresh spinach leaves, chopped
2 tablespoons cider vinegar
Salt and pepper to taste
Fresh parsley
Parmesan cheese

Directions:

- In a large pot over medium-high heat, add the butter and olive oil
- Add in the onions, garlic, carrots, and celery and sauté for about 4-5 minutes, until tender and fragrant
- Stir in the zucchini and red pepper and cook for another 2 minutes until slightly softened
- Sprinkle in the flour to create a roux and cook for another minute
- Slowly add 1 cup of the chicken broth while continuously stirring until it starts to thicken and comes together then slowly pour in the remaining chicken broth
- Stir in the Italian seasoning, red pepper flakes, beans, and entire can of tomatoes
- Bring to a boil, stirring frequently
- Add the chicken and reduce heat to low and simmer uncovered for 25-30 minutes
- Stir in the spinach and cider vinegar and cook for an additional 3-4 minutes or until everything is heated through
- Season with salt and pepper to taste and serve hot with fresh parsley and parmesan cheese, if desired