

CHICKEN STEW

Prep Time: 10 minutes

Cook Time: 25 minutes

Included in Box:

- 3 c. lentils, cooked
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 (15 oz) can no salt carrots, drained and rinsed

Additional Ingredients Needed:

- 2 ½ lbs boneless, skinless chicken breast, trimmed
- 2 c. (16 oz) low sodium chicken broth
- 4 small onions, diced
- 2 T ground ginger
- 1 T garlic powder
- 1 T dried parsley

Directions:

1. Preheat oven to 350 degrees F. Add onions to large skillet over medium-high heat; cook until translucent (3-4 minutes).
2. Add ginger, garlic, parsley and carrots to skillet; cook 2-3 minutes.
3. Remove from heat. Add tomatoes; stir to combine.
4. Spread a thin layer of tomato mixture at bottom of medium baking dish. Lay chicken flat and pour chicken broth in dish. Layer remaining tomato mixture on top of chicken.
5. Cook mixture in oven for 20 minutes, or until internal temperature of chicken reaches 165 degrees F. Shred chicken before serving.

Tip: Add 1-2 c. chopped celery for additional flavor!



Nutrition Facts*

Total Servings: 10
Serving Size: 1 ½ c.
Calories: 253
Fat: 3.6 g
Sodium: 217 mg
Carbohydrates: 21 g
Fiber: 6.8 g
Protein: 33 g
Carbohydrate Servings: 1 ½

**Nutrient facts include cooked lentils, canned no salt added diced tomatoes, canned unsalted sliced carrots (drained), skinless boneless chicken breast (raw), low sodium chicken broth, small white onions, and spices.*