

## Comforting Chicken Stew

Serves: 8

A delicious, nutrient-dense bowl of savory comfort perfect for a chilly fall or winter day. Got Thanksgiving turkey leftovers? A perfect use for the leftover cooked meat (see variations).

Root vegetables are fresh and plentiful in autumn and store well through the winter months. Make them a part of your weekly meals.

**Turnip**, a cruciferous root vegetable, is a great source of vitamin C, fiber, manganese, and potassium. They are associated with cancer-fighting, anti-inflammatory, and antioxidant properties due to their content of glucosinolates, flavonoids, and anthocyanins. Because they are a non-starchy vegetable, turnips have a low glycemic index (don't affect blood sugar levels).



**Carrots** are loaded with beta-carotene (carotenoid, vitamin A precursor) and vitamin K as well as a good source of lutein (carotenoid), vitamin C, potassium, and vitamin B6. Carotenoids are important for eye health and vision and may protect against age-related macular degeneration as well as lowering the risk of some cancers.

**Potatoes**, like turnips, provide fiber, vitamin C, vitamin B6, potassium, and manganese. They give this stew its creaminess and provide satiety. The skin is packed with nutrients supplying B vitamins, vitamin C, iron, calcium, and potassium.

**Leeks** belong to the allium family, known for their high content of flavonoids (especially kaempferol) and sulfur-containing nutrients important for supporting the body's detoxification and antioxidant systems. Like the other root vegetables, they have plenty of micronutrients and provide folate in its bioactive form (5-MTHF).

### Ingredients:

- 8 skinless boneless chicken thighs breasts (about 2 ½ pounds)
- 4 cups chicken stock, homemade or low sodium
- 4 celery stalks, chopped
- 2 medium turnips or 1 large, peeled and chopped
- 4 large carrots, scrubbed and chopped
- 2 large russet potatoes, scrubbed and chopped
- 2 large leeks, white and light green parts only, trimmed, washed, and sliced
- 1 tablespoon dried thyme

- 1 tablespoon dried rosemary
- 1-2 tsp ground sage
- Sea salt
- Black pepper (optional)
- Freshly chopped parsley (optional)

### Preparation:

1. Place chicken and stock in deep, heavy pot (I find a 6–7-quart Dutch oven perfect).
2. Bring to a gentle boil, lower heat, and simmer about 15 minutes.
3. While chicken is cooking, prepare the vegetables.
4. Remove chicken from pot to a plate.
5. Add vegetables and spices to pot, bring to gentle boil, lower heat, and simmer about 20 minutes or until vegetables are cooked through.
6. While vegetables are cooking cut chicken into bite-sized pieces (it is okay if not completely cooked). Retain any juices to add back to pot.
7. When vegetables are cooked, remove about 2-3 cups with a slotted spoon (if you want some large chunky vegetables), then place an immersion blender into the pot and blend vegetables until desired consistency (I like mine with a few small chunks of vegetables).
  - Alternatively, use a slotted spoon and place vegetables in food processor or blender along with some liquid and blend being careful not to overfill (heat expands).
8. Add chicken, vegetables, and puree back to pot. Cover and let simmer about 10 minutes (or until chicken is cooked through).
9. Taste and add salt and pepper as desired.
10. Serve in soup bowls on its own or over chopped kale, steamed rice, or cauliflower rice topped with fresh parsley and/or black pepper.

### Variations:

- Substitute fresh turkey pieces (leg, thigh, breast) for the chicken. Will need to remove meat from bones after cooking. Save bones for turkey broth.
- Substitute cooked turkey meat. Omit directions steps 1-4.

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