



Harvest Stew

By On Top of The World Chefs

Ingredients:

6 Servings

3 lb chicken
3 oz olive oil
1 head garlic, peeled and minced
1 onion, chopped
2 stalks celery, chopped
1 carrot, chopped
1 cup white wine
1 qt chicken stock
1 butternut squash, peeled and chopped
2 boniato, peeled and chopped
1 bay leaf



1 T fresh rosemary, chopped
1 T fresh sage, chopped
1 teaspoon turmeric
Salt and pepper to taste

Directions: Rinse the whole chicken and cut in half using a large knife or cleaver. In a large pot heat the olive oil and sauté the garlic and onions. Add the chicken and brown on both sides. Next add the celery and carrots, allowing them to cook briefly. Next add the white wine and chicken stock and bring to a simmer on medium high heat. Add the remaining ingredients and cook until the squash and boniato is fork tender. Season the stew with salt and pepper to taste.

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Amount Per Serving	
Calories	357.5
Total Fat	22.1 g
Saturated Fat	3.5 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	14.9 g
Cholesterol	39.8 mg
Sodium	316.0 mg
Potassium	633.8 mg
Total Carbohydrate	19.1 g
Dietary Fiber	3.3 g
Sugars	3.6 g
Protein	18.4 g

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