



# Masala Harvest Stew

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 60 MINS

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## Ingredients

3 chicken breasts  
4 carrots, diced  
1 zucchini, diced  
1 sweet onion, diced  
4 celery stalks, diced  
1 can of chickpeas  
24oz bone broth  
1 red bell pepper  
1 yellow bell pepper  
3 cloves crushed garlic  
2tsp salt  
½tsp garlic powder  
1tsp onion powder  
1tsp white pepper  
1tbsp garam masala  
½tsp chili powder  
2tbsp cornstarch  
2tbsp cold water  
Optional: Greek yogurt

## Directions

1. Add all diced veggies and spices to cooking vessel.
2. Add bone broth.
3. Mix well.
4. Nestle chicken in mixture.
5. Let cook until done and chicken can be shredded.
6. After shredding chicken add back to pot and mix well.
7. If needed make a slurry of cornstarch and water and add it to boiling stew to thicken.
8. Serve with a dollop of plain greek yogurt and naan bread.

*A cozy blend of garam masala, chicken, and hearty veggies. This dish can be made on the stove top, in a crock pot or in a pressure cooker. Cooking times will vary with each.*