

# Fall Chicken Stew

## Ingredients

- 3 ½ cups of chicken broth
- 3 cups of butternut squash: peeled,
- remove seeds, chop into ½ in pieces
- 1 ½ pounds rotisserie chicken: chopped
- 1 yellow onion
- 1 can diced tomatoes
- 1 cup of kale
- ⅔ cup of a grain blend or quinoa
- 1 tsp kosher salt
- 4 gloves garlic
- 1 ½ TBSP fresh oregano
- ½ tsp ground cumin
- ¼ tsp nutmeg
- 1 tsp orange zest
- fresh ground pepper to taste
- ¼ cup of flat leaf parsley



## Directions

1. Preheat oven 400
2. Season butternut squash with olive oil, salt & pepper
3. Bake 15 minutes, remove ½ the squash place in a bowl
4. Bake the remaining squash until tender, appx 15 min
5. Mash the removed squash with a fork. Set aside
6. Add the onion, cook till translucent
7. Add spices, garlic, oregano, cumin, nutmeg salt aromatic
8. Add tomatoes, squash pieces, mashed butternut squash and stir to combine.
9. Stir in chicken broth, quinoa & kale. Bring to a simmer.
10. Stir in chicken, orange zest and pepper simmer
11. ¼ cup parsley to top.
12. Serve