



Mediterranean Stew

2 tbsp Greek Mediterranean Spice blend

2 tbsp olive oil

1 onion diced,
1 celery stalk diced
2 cloves garlic minced.

Serve up with a loaf of crusty bread and dinner is complete!

3 tbsp olive oil
2 tbsp tomato paste
3 cups chicken broth(any type will work)

2 lbs (approx. 8) chicken thighs (skin removed – bone in)
1 lb green beans, cut into 1 inch lengths
5- potatoes, peeled and cubed about the size of the pork
4 tbsp Greek Mediterranean Spice Blend.

1. Season chicken with the Spice blend. In a dutch oven, heat 2 tbsp olive oil and saute chicken in batches until browned, removing from pan till all the chicken is lightly browned. Set aside.

2. In the same pan (add a little more oil if necessary), add onions, celery, saute till softened add garlic and tomato paste, cook stirring for about 2 minute. Add chicken, green beans and potatoes, making sure everything is well coated in sauce, add broth and Spice Blend. You may need a little bit of water, just so the liquid comes to about 3/4 up the side of the dutch oven.

At this point I like to finish the stew in the oven. If the dutch oven is oven proof just cover and place in a 375 degree oven, if not transfer the stew into an ovenproof pan, cover and cook for about 1 hour.

Nutrition Facts

4 Servings

Amount Per Serving

Calories	537.3
Total Fat	22.9 g
Saturated Fat	4.4 g
Polyunsaturated Fat	3.4 g
Monounsaturated Fat	15.0 g
Cholesterol	118.3 mg
Sodium	934.6 mg
Potassium	1,944.2 mg
Total Carbohydrate	50.1 g
Dietary Fiber	9.0 g
Sugars	6.6 g
Protein	34.0 g