

# Rustic Chicken & White Bean Stew

The primary difference between a soup and a stew is the amount of liquid used to prepare it. To stretch your grocery budget a bit farther, double the amount of broth (or use a combination of broth and water) and add some chopped greens, such as spinach, kale, or escarole, to make a rich, satisfying soup instead.

Prep time: 20 minutes

Cook time: 1 hour

Serves: 6-8

## Ingredients:

2 T. extra virgin olive oil, divided

$\frac{1}{2}$  medium red onion, finely chopped

3-4 cloves garlic, minced

2 large stalks celery, sliced

2 medium carrots, sliced and cut into half rounds

Sea salt and black pepper, to taste

$1\frac{1}{2}$  lbs. boneless, skinless chicken thighs

3 3-oz. Cajun andouille sausage, sliced – If unavailable use a good Cumberland sausage instead

3 c. chicken broth

2 T. fresh rosemary leaves, finely chopped (or 2 t. dried)

1 T. fresh thyme leaves (or 1 t. dried)

2 whole bay leaves

1 29-oz. can cannellini beans, drained and rinsed

3 T. fresh parsley, finely chopped

## Directions:

1. Add one-tablespoon olive oil to a large high-sided skillet or Dutch oven set over medium heat. Add the onion, garlic, celery, and carrots, and season with salt

and black pepper, to taste. Stir to combine and cook, stirring frequently, until the vegetables soften and develop some colour, approximately 4-5 minutes.

2. Add the chicken thighs, sliced sausage, rosemary, thyme, and bay leaves. Season with additional salt and black pepper, if desired. Pour in the chicken broth and stir to combine.
3. Increase heat to high and bring to a boil, then immediately reduce heat to medium-low. Cover and simmer for 45-50 minutes or until the chicken pulls apart easily with two forks.
4. Add the cannellini beans and stir to combine. Simmer for another 4-5 minutes, or just until heated through. Remove from heat and stir in fresh parsley right before serving. Enjoy!