

## Winter Vegetable Stew

Serving Size: 1/6 of recipe

Serves: 6

### Ingredients

1 tablespoon olive oil  
½ onion, diced  
2 cloves garlic, minced  
6 chicken quarters, skin removed  
Dash of Salt and pepper  
2 cups low sodium vegetable broth  
1 medium plantain, chopped  
1 small sweet potato, chopped  
1 cup winter squash, chopped  
1 medium carrot, sliced  
1 stalk celery, chopped  
¼ cup parsley, diced  
Dash of cayenne pepper  
½ tsp dried thyme leaves  
1 bay leaf  
1 can No Added Salt diced tomatoes, undrained

### Directions

Heat the oil in a large soup pot over medium high heat.  
Add the onions and sauté until soft. Add the garlic.  
Cut the chicken quarters into legs and thighs and season with salt and pepper. Brown two sides for approximately 3 minutes each.  
Add the vegetable broth, plantains, sweet potatoes, squash, carrots, celery and parsley. Season with cayenne, thyme and bay leaf.  
Adjust heat to low, cover and simmer about 15 minutes, until the chicken is tender and cooked through.  
Taste the stew and adjust the seasonings.  
Add the diced tomatoes and simmer for 20 minutes.  
Serve warm.

### Exchanges per serving:

3 Lean Meats, 1 Starch, 1 Veg

### Nutrients per serving:

Calories: 268  
Calories from fat: 65  
Total Fat: 7g  
Cholesterol: 105mg  
Sodium: 215mg  
Total Carbohydrate: 21g  
Dietary Fiber: 3g  
Protein: 28g