

Root Vegetable Stew with Chicken

Servings

Serves 4 as main course.

Ingredients

- 1/4 cup olive oil
- 1 large turnip
- 1 large parsnip
- 1 large rutabaga
- 5 brussel sprouts
- 3 carrots
- 1 onion
- 5 ribs celery
- 3 fresh garlic cloves, minced
- 4 cups vegetable broth
- 3 baby red potatoes
- 1 can diced tomatoes
- 2 boneless/skinless chicken breast
- 1 tbsp dried oregano
- 1 tbsp dried basil
- salt & pepper
- balsamic vinegar
- parmesan cheese, optional

Directions

Cut all roots and vegetables in medium dice pieces, set aside. Dice chicken as well, set aside.

In large soup pot heat 1/4 cup olive oil, add onions, garlic and spices, cook until translucent.

Add vegetable broth and add all other ingredients.

Bring to simmer and cook until root veggies are tender and chicken is cooked through.

Add salt and pepper to taste, splash of balsamic.

Served steaming hot with a sprinkle of grated Parmesan cheese. YUM!!!