

CHICKEN STEW WITH TURNIPS & MUSHROOMS

INGREDIENTS

- 1½ lb. boneless, skinless chicken breasts - trimmed
- ½ tsp. salt - divided
- ¼ tsp. freshly ground pepper
- 2 tbsp. extra-virgin olive oil - divided
- 2 large turnips (about 1 pound) - peeled and cut into 1-inch pieces
- 8 oz. sliced Cremini mushrooms
- 1 medium leeks - sliced
- 2 cloves garlic - minced
- 4 cups chopped kale
- 3 cups reduced-sodium chicken broth
- 1 tsp. fresh chopped rosemary
- 3 tbsp. Konjac flour
- 3 tbsp. water

PREPARATION

1. Cut chicken into 1-inch pieces and sprinkle with 1/4 tsp. of salt and pepper.
2. Heat up 1 tbsp. oil in a Dutch oven over medium-high heat. Add chicken. Cook and stir frequently, until lightly browned, for 3 to 4 minutes. Then transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pot. Add turnips, mushrooms, leeks and garlic and cook for 3 to 5 minutes. Stir occasionally.
4. Stir in kale, broth and rosemary. Add the prepared chicken and any juices to the pot. Bring to a boil and then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.
5. Meanwhile, mix cornstarch and water in a small bowl and stir the mixture into the stew and cook until thickened - for about 3 minutes.
6. Remove from heat and season the stew with the remaining 1/4 tsp. salt.
7. Serve on top of cauliflower rice. Garnish with sesame seeds and green onion if desired.
8. Enjoy!



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