

Autumn Chicken & Apple Stew

Serves 6-8



Recipe adapted from:
tasteofhome.com
AND
recipes.wikia.com

Ingredients

- 4 potatoes-cubed
- 4 carrots- sliced
- 1 red onion- halved and sliced
- 1 celery rib
- ½ tsp of nutmeg
- 1½ tsp of salt
- ¾ tsp of thyme-dried
- ½ tsp of pepper
- ¼-½ tsp of caraway seed
- 2 lbs of chicken breast-cubed
- 2 tsp of Dijon mustard
- 2 tbsp of olive oil
- 4 apples peeled and sliced
- 1 cup of cabbage-shredded
- 1 cup of applesauce
- 1¼ cups of apple juice
- 1 tbsp of cider vinegar
- 1 bay leaf
- 6 whole cloves
- ¼ cup of spinach

Directions

- ☞ In crockpot, layer potatoes, carrots, onion & celery
- ☞ Combine nutmeg, salt, thyme, pepper & caraway seeds. Sprinkle half over vegetables. Set remaining aside
- ☞ Spread mustard over chicken pieces. In skillet, saute in oil until browned. Transfer to crockpot
- ☞ Top with apples, cabbage & applesauce. Combine cider & vinegar - pour over all
- ☞ Sprinkle with remaining salt mixture & top with bay leaf & whole cloves
- ☞ Cover & cook on high for 4-5 hours or until vegetables are tender & chicken juices run clear. Discard bay leaf & cloves.
- ☞ Stir in spinach just prior to serving

Nutrients (approximately)

244 Calories per serving,
Fat 1g, Cholesterol 15.7mg, Sodium 218mg, Carbohydrates 53g,
Fiber 6.6g, Sugars 19, Protein 9.2g

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