

## Autumn Stew

Makes 6-8 servings

### Ingredients

- 4 medium potatoes - cubed
- 4 medium carrots - cut
- 1 medium red onion - sliced
- 1 celery red - sliced
- ½ tsp of nutmeg
- 1½ tsp of sea salt
- ¾ tsp of thyme
- ½ tsp each of pepper and caraway seeds
- 2 lbs of chicken breasts
- 2 tsp of dijon mustard
- 2 tbsp of olive oil
- 4 medium apples: granny smith
- 1 cup of shredded cabbage
- 1 cup of applesauce
- 1¼ cups of apple cider or 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)

279 Calories per serving,  
Fat 4.7g, Saturated Fat 0g, Cholesterol 16mg, Sodium 560mg,  
Carbohydrates 52g, Fiber 6g, Sugars 19g, Protein 9g



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