

ROASTED SWEET PEPPER & CHICKEN STEW

F MEDIUM

Last Modified: 12/30/2016

PREP: 30 Min
COOK: 1 Hr 30 Min
OVEN 450 & STOVETOP

SOUP-STEW

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Chicken Breast (Boneless / Skinless)	1" Cubes
2	Large	Sweet Bell Peppers (Red Prettiest)	Roasted
1	Whole	Poblano Pepper	Roasted
1	Tbsp	Olive Oil	
1	Cup	Yellow Onion	Diced
1 1/2	Cups	Zucchini	1" Chunks
1 1/2	Cups	Yellow Squash	1" Chunks
1	Cup	Carrots (Scrubbed)	1/4" Coins
2	Cloves	Garlic	Minced
3/4	Tsp	Mexican Oregano	
1/2	Tsp	Ground Cumin	
2	Tbsp	Cilantro Leaves	Chopped
1	14 1/2 Oz	Can Chicken Stock (Swanson)	
1 +/-	Pinch	Kosher Salt	To Taste
1 +/-	Pinch	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS

1	48 Oz	Jar Great Northern Beans (Randall)	Drained
1	15 Oz	Can Chickpeas	Drained
1	14 1/2 Oz	Can Whole Kernel Corn	Drained
1	14 1/2 Oz	Can Green Beans	Drained

PREPARATION

FACTOID	Colorful, healthy and extremely tasty! Kind of Spanish & kind of not. Roasting Sweet Peppers greatly intensifies their flavor and makes the skins very easy to remove. This attractive Soup freezes & reheats extremely well.
TOOLS	1) Aluminum Half Sheet Pan 2) Dutch Oven & Lid
PREP	<p>DISH</p> <p>1) Cut the Peppers in half, remove the stems, seeds and veins and set them aside. 2) Cut the Zucchini into 1" chunks and set them aside. 3) Cut the Squash into 1" chunks and set them aside. 4) Scrub the Carrots, slice them into 1/4" coins and set them aside. 5) Dice the Yellow Onions and set them aside. 6) Mince the Garlic Cloves and set them aside. 7) Drain the Beans and set them aside. 8) Chop the Cilantro Leaves and set them aside.</p>

ROASTED SWEET PEPPER & CHICKEN STEW

1	VEGETABLES: Preheat the Oven to 450 degrees with a rack just below center. Spray the sheet pan with non-stick cooking spray. Spread the Peppers (cut side down), Zucchini and Squash in a single layer on the sheet pan. Spray the tops lightly with non-stick cooking spray. Bake for 12 minutes, rotate the sheet pan & bake another 12 minutes or until the Pepper Skins are wrinkled & charred. Remove from the oven, cover with aluminum foil and allow them to cool completely.
2	PEPPERS: Remove and discard the skins from the Peppers and coarsely chop them.
3	CHICKEN: Meanwhile, in a Dutch Oven over medium high heat, add in the Olive Oil and heat until it just shimmers. Add in the Onions, Carrots and Chicken and stir-fry until the Onions are transparent, about 5 minutes. Add in the Garlic and cook until fragrant, about 2 minutes more.
4	STOCK: Add the Chicken Stock, Oregano and Cumin into the dutch Oven. Bring to a boil, scraping the bottom to loosen the Fond. Lower the heat to a low simmer. Stir in the Peppers, Zucchini and Squash. Cover and cook until the Vegetables are tender, about 30 minutes.
5	OPTIONS: During the final 30 minutes of simmering, add in any drained Vegetables and continue simmering until hot.
HINT	If the Stew ends up too thick, you can easily thin it using a little hot Chicken Stock.
SERVE	Ladle into warm bowls, sprinkle the top with Cilantro and serve while hot with slices of Crusty Bread on the side.