



Chicken Stew with Butternut Squash

Prep:	15 mins
Cook:	60 mins
Total:	75 mins
Servings:	12 babies

Ingredients

- 2 tbsp. oil
- 500g boneless, skinless, chicken thighs, *cut into bite-size pieces*
- 2 tbsp. plain flour
- 1 cup carrots thinly sliced into rings
- 1 medium onion, cut into wedges
- 4 garlic cloves, chopped
- 3 cups chopped butternut squash
- 375g baby potatoes scrubbed + chopped
- 1 can diced tomatoes
- 2 tbsp. tomato puree
- 2 cups vegetable stock
- 1/2 cup apple juice
- 2 bay leaves
- 1/4 cup fresh chopped parsley

Instructions

1. Heat oil in a heavy based pan over medium-high heat.
2. Toss chicken in flour and add to the pan. Season with salt and pepper, to taste. Cook chicken, stirring occasionally, until lightly golden, about 6-8 minutes.
3. Add about 1/4 cup stock while scraping the bottom of the pan to loosen browned bits.
4. Add carrots, onions, and garlic, and cook until onions begin to soften, about 5 minutes.
5. Add butternut squash, potatoes, diced tomatoes, tomato puree, remaining stock, apple juice, and bay leaves. Season with salt and pepper, to taste. Bring to a simmer, reduce heat to low and let the stew simmer for 30 minutes, covered. Uncover and continue to simmer for 15 minutes longer or until the vegetables are tender. The liquid will slightly reduce.
6. Discard bay leaves and stir in parsley.