

MEL'S KITCHEN CAFE

CHICKEN & BUTTERNUT SQUASH QUINOA STEW

Prep Time 20 Minutes - Cook Time 30 Minutes - Serves 6

INGREDIENTS:

1 tablespoon extra-virgin olive oil
1 medium yellow onion, finely chopped
1 1/2 teaspoon dried oregano
4 cloves garlic, finely minced
4 cups low-sodium chicken broth
1 1/2 pounds boneless, skinless chicken thighs or chicken breasts
1 can (14-oz) petite or regular diced tomatoes
3 cups chopped butternut squash (about 1 medium squash, peeled and seeded)
2/3 cup uncooked quinoa
1/2 teaspoon salt
1/2 teaspoon black pepper
1-2 cups chopped fresh spinach

DIRECTIONS:

In a large 4 quart pot heat the olive oil until hot. Add the chopped onions, oregano, and garlic. Saute for 5-7 minutes, stirring often, until the onion is softened. Add the broth and bring to a boil. Add the chicken and boil until the chicken is cooked, 7-9 minutes. Remove the chicken to a plate.

Add the tomatoes, butternut squash, and quinoa. Simmer for 15 minutes until the squash is tender and quinoa is cooked. If desired, scoop out some of the squash, mash it and return it to the pot. Shred the cooked chicken and return to the pot. Add the salt and pepper, adding more salt to taste, if needed. Stir in the spinach. Cook 1-2 minutes until the spinach is wilted. Serve warm.

©Mel's Kitchen Cafe. Recipe Permalink:

<https://www.melskitchencafe.com/chicken-and-butternut-squash-quinoa-stew/>



Eat • Live • GoFresh