



CREAMY CHICKEN VEGETABLE STEW

AMERICAN

ROADMAP

Preheat oven to 400 & line a large sheet pan with foil or parchment.

1. Once the oven is heated, toss broccoli & cauliflower florets with olive oil, a couple of pinches of salt & pepper. Roast on sheet pan for 15 minutes.
2. In a large Dutch oven/heavy-bottomed pot, over medium heat, add olive oil & sauté onions, carrots & celery for 5 minutes with a pinch of salt, pepper, granulated onion, garlic, oregano & chili flakes.
3. When the broccoli & cauliflower is roasted, add it to the pot along with your 2 cups of Chicken, salsa/tomatoes & stock. Over high heat, bring to a boil; add orzo & 1 tsp. salt. Turn down to a strong simmer for 8 - 10 minutes.



SERVINGS
4 - 6



ACTIVE TIME
10 MIN



TOTAL COOK TIME
40 MIN

INGREDIENTS

- 2 C. Chicken - pulled or chopped into bite-size pieces (Rotisserie is fine)
- 1 Tbsp. Olive oil
- 2 C. Broccoli florets - chopped into small bites
- 1 C. Cauliflower florets - chopped into small bites
- 2 Tbsp. Olive oil
- 1 Medium-sized yellow onion - medium dice
- 2 carrots - medium dice
- 2 celery stocks - medium dice
- 1 tsp. Granulated Garlic

REMAINING INGREDIENTS

- 1 tsp. Granulated Onion
- 1 tsp. Dried Oregano
- 1/2 tsp. Red chili flake
- 1 C. Salsa or 1 14.5 oz. can fire-roasted tomatoes
- 1 Qt. Chicken stock
- 1 C. Orzo
- 1 C. Whole milk
- 1/2 C. Half & Half or heavy cream

For topping:

- Grated cheese (Parmesan, cheddar, Swiss, etc.)
- Scallions, chives, parsley or cilantro

4. Check pasta for doneness & adjust for seasoning. Turn heat down to low & add milk, half & half/heavy cream. Again, taste for seasoning.
Top with cheese, scallions/chives & or herbs & serve.
This stew doesn't even need a side.
Protein, veggies, carbs & bursting flavors all in 1 pot.

Grab your spoon & hunker down. Well, not for too long, you're definitely going to want seconds!