

# Quick and Tasty Stew



## Chicken and Fennel Stew

Serves: 8 | Serving Size: 1/2 cup

### Ingredients:

- 1 teaspoon olive oil
- 3 cloves minced garlic
- 1/2 cup peeled and diced onion
- 1 cup diced celery
- 1 tsp ground fennel seeds
- 3 plum tomatoes, cored, seeded, and diced
- 4 cups low-sodium chicken broth
- 2 chicken breasts, diced
- 2 potatoes, peeled and diced
- Pinch of garlic powder
- Black pepper to taste

### Directions:

Sauté the olive oil, garlic, and onion over medium heat in a large nonstick stockpot or Dutch oven.

Add the celery and fennel and sauté briefly, then add the tomatoes.

Add the broth, chicken, potatoes, and seasonings. Cook at a simmer over medium heat until the chicken is done and the potatoes are tender, about 20-25 minutes.

### Nutrition Information:

Serves 8. Each 1/2-cup serving has 94 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 19 mg cholesterol, 325 mg sodium, 11 g carbohydrate, 1 g fiber, 1 g sugar, and 9 g protein.

Each serving also contains 5% DV vitamin A, 15% DV vitamin C, 2% DV calcium, and 5% DV iron.

### Chef's Tips:

You can grind the fennel seeds in a coffee grinder or spice grinder.

This recipe is inspired by ingredients from Provence, a Mediterranean region of France.

Feel free to garnish the bowl with a few leaves of parsley, preferably flat-leaf parsley.

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