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Chicken Stew with Vegetables

Ingredients:

2 tsp. olive oil
1 cup finely chopped onion
4, 3 oz. chicken breasts, sliced
2 cups diced zucchini
1 cup chopped carrots
1 cup diced red pepper
1 cup diced yellow pepper
1 cup diced green pepper
1 cup diced mushrooms
3/4 tsp. dried oregano
2 cloves garlic, minced
2 cups white beans
2 cups low-sodium chicken broth

Directions:

1. Heat the oil in a large pan.
2. Once bubbling, add in onions, carrots, mushrooms, and peppers along with garlic; saute for 3-5 minutes.
3. Next, add in chicken and continue to cook for 4-5 minutes.
4. Add remaining ingredients to the pan and reduce to low heat, covering and simmering for 30 minutes.
5. Serve immediately.