



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin and Chicken Stew

Serves 5

335 calories per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Our bodies crave heartier foods as we head into the colder months and this recipe is brimming with seasonal vegetables and a few fruits. While this version uses pumpkin, you can substitute other winter squashes and even sweet potatoes for variety.

Ingredients

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken thighs, cut into bite-sized pieces
- 1 cup carrots, diced
- ½ cup celery, diced
- 1 medium onion, cut into wedges
- 1 tablespoon garlic, minced (about 3 cloves)
- 2 cups raw pumpkin, sweet potato, butternut squash, cut into bite-sized pieces
- 12 ounces baby gold potatoes, cut into bite-sized pieces
- 1 (14 oz.) can diced tomatoes
- 2 tablespoons tomato paste
- 3 cups chicken stock
- ½ cup apple cider or more stock
- ½ cup 100% pumpkin puree
- 2 bay leaves
- ½ teaspoon pumpkin pie spice
- ¼ cup Italian parsley, chopped
- Kosher salt
- Black pepper
- Whole pumpkin (for serving, optional)

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Instructions

1. Heat oil in Dutch oven or pot over high heat.
2. Add chicken pieces when oil is hot, add the chicken to the pot, sauté until golden brown, remove and set aside.
3. Add carrots, celery, onion and garlic to the pot, sauté until onions begin to brown.
4. Return chicken to the pot, add chopped pumpkin, canned tomatoes, tomato paste, stock, cider, pumpkin puree, bay leaves and pumpkin pie spice.
5. Stir and bring to a boil, cover pot and reduce heat to simmer 30 minutes.
6. Remove lid and simmer for 15 more minutes.
7. Remove bay leaf and garnish with parsley.
8. To serve in a pumpkin, remove seeds and pulp then roast in 375-degree oven for 25 to 30 minutes.
9. Ladle stew into pumpkin, garnish with parsley and serve.