

Chicken and Butternut Squash Quinoa Stew

Ingredients:

1 Tbsp	Extra-Virgin Olive Oil
1 med.	Yellow Onion, finely chopped
1 ½ tsp	Dried Oregano
4 cloves	Garlic, finely minced
4 cups	Chicken Broth, low sodium
1 ½ lbs	Chicken Breasts or thighs, boneless & skinless
1 (14 oz) can	Diced Tomatoes
3 cups	Chopped Butternut Squash (about 1 medium squash, peeled and seeded)
2/3 cup	Quinoa, uncooked
½ tsp	Sea Salt
½ tsp	Black Pepper
1-2 cups	Fresh Spinach - chopped

Preparation:

In a large 4 quart pot, heat the olive oil on medium heat until hot. Add chopped onions, oregano, and garlic. Sauté for 5-7 minutes, stirring often, until the onion is softened.

Add broth and bring to a boil. Add the chicken and boil until the chicken is cooked, 7-9 minutes. Remove chicken and cool on a plate.

Add 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 it to the pot. Add the salt and pepper. Stir in spinach. Cook 1-2 minute until spinach is wilted. Serve warm.

Enjoy!

**Use organic ingredients whenever possible.*

**Dairy and Gluten-free.*