

Harvest Stew

On Top of the World | September 2005



Add and subtract to this wholesome soup by using what's available.

- 4 SKINLESS, BONELESS CHICKEN BREAST HALVES, CUT INTO 1/2 INCH PIECES
- 1 MEDIUM ONION, CHOPPED
- 1/2 CUP SLICED LEEKS
- 3 CLOVES GARLIC, MINCED
- 2 TBSP. OLIVE OIL
- 14 CUPS 1-INCH PIECES HARVEST VEGETABLES AND FRUITS, SUCH AS PEELED SWEET POTATOES, YUKON GOLD POTATOES, PEELED BUTTERNUT SQUASH, PEELED BEETS, GRANNY SMITH APPLES, AND/OR PEELED PARSNIPS
- 8 CUPS CHICKEN BROTH
- 1 CUP PITTED GREEN OLIVES, CHOPPED
- 2 TBSP. FINELY CHOPPED PEELED FRESH GINGER
- 1 TBSP. GROUND CUMIN
- 2 TSP. SWEET PAPRIKA
- 1 TSP. GROUND BLACK PEPPER
- 1/2 TSP. SALT
- 1/2 TSP. GROUND CARDAMOM
- 3 STRIPS ORANGE PEEL, WHITE PITH REMOVED
- 2 BAY LEAVES
- 1/2 CUP SNIPPED FRESH ITALIAN PARSLEY
- 1/2 CUP SNIPPED FRESH MINT
- 1/2 CUP SLIVERED ALMONDS, TOASTED
- 1/2 CUP CHOPPED PISTACHIO NUTS, TOASTED

In a large kettle, cook chicken, onion, leeks, and garlic in hot oil until brown. Stir in harvest vegetables and fruits, broth, olives, ginger, cumin, paprika, pepper, salt, cardamom, peel, and bay leaves. Bring stew to boiling. Boil, uncovered, 5 minutes. Reduce heat; cover and simmer for 40 to 50 minutes or until vegetables are tender. Remove and discard bay leaves. Stir in parsley, mint, almonds, and pistachio nuts just before serving. Makes 10 to 12 servings.