

Chicken and lima bean stew

This aromatic and comforting stew will surely become a family favourite! Serve with brown rice or quinoa for a slight nutty flavour.



 Kid-friendly

 **PREP TIME**
20 min

 **COOK TIME**
35 min

 **SERVINGS**
8

Ingredients

- 30 mL (2 tbsp) vegetable oil
- 6 boneless, skinless chicken thighs (about 454 g/1 lb), diced in 5 cm/2 inch cubes
- 1 onion, diced
- 3 cloves garlic, chopped
- 5 mL (1 tsp) ground cumin
- 5 mL (1 tsp) ground cinnamon
- 2 mL (½ tsp) ground clove
- 5 mL (1 tsp) salt
- 2 mL (½ tsp) black pepper
- 3 carrots, thinly sliced
- 500 mL (2 cups) frozen butternut squash cubes
- 750 mL (3 cups) fresh spinach, chopped
- 60 mL (¼ cup) dried apricots, quartered
- 125 mL (½ cup) unsalted almonds, roughly chopped (optional)
- 500 mL (2 cups) lower sodium vegetable broth
- 1 can (540 mL/19 oz) lower sodium lima beans, drained and rinsed

Directions

1. In a large pan, heat vegetable oil over medium-high heat. Cook chicken for 2 to 3 minutes per side until browned.
2. Reduce heat to medium and add onions, garlic, cumin, cinnamon, clove, salt, and pepper. Sauté for 2 to 3 minutes or until onions have softened.
3. Add carrots, squash, spinach, dried apricots, and almonds. Stir well and add broth.
4. Cover and simmer for 20 minutes until the chicken is tender and sauce has reduced. Use a **digital food thermometer** to check that the chicken has reached an internal temperature of 74 °C (165 °F).
5. Stir in lima beans to warm through and remove from heat.
6. Enjoy with brown rice or quinoa.

Tips

- ✓ Encourage your kids to be little chefs. They can help gather and measure ingredients. Older kids can cut apricots.
- ✓ Choose frozen vegetables for a budget-friendly or quick option.
- ✓ Don't have lima beans on hand? Use any canned beans you have instead!
- ✓ Both chicken breasts and chicken thighs work for this stew. No need to adjust the cooking time.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.