

## Hearty Winter Chicken Stew

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3 T olive oil  
1 onion, diced  
2 carrots, diced  
2 parsnips, diced  
2 ribs celery, diced  
1 fennel bulb, diced  
4 cloves garlic, chopped  
1 t red pepper flakes  
1 T tomato paste  
1 T anchovy paste  
1 C white wine  
28oz can crushed tomatoes

2 C chicken stock  
2-15oz cans of white beans, rinsed & drained  
1 T dried rosemary  
2 bay leaves  
1 T dried thyme  
1 lb, chicken breasts, diced  
2 C fresh arugula

*Garnish (optional):*

Chopped fennel fronds  
Shaved parmesan cheese  
Olive tapenade

In a large stock pot over medium heat, add olive oil, onion, carrots, parsnips, celery, fennel, garlic, red pepper flakes, and about a teaspoon of salt. Sautee for 5 minutes or until onions become translucent. Stir in tomato paste and anchovy paste and allow to caramelize on the bottom of the pan.

Deglaze the pan with white wine, and then add crushed tomatoes, chicken stock, rosemary, bay leaves, and thyme. Allow to simmer for 20-30 minutes. Salt & pepper to taste.

Then add drained beans and chicken breast. Return to simmer and cook for another 20 minutes. Check for seasoning.

Immediately before serving, stir in arugula and allow it to wilt into stew. Serve and add optional garnishes.

Serves 4-6