

CHICKEN, WHITE BEAN AND SPINACH STEW

A quick and tasty way to use leftover roast chicken.

- 1 T olive oil
- 1 coarsely chopped onion
- 4 cloves of garlic, minced
- 1 T chopped fresh thyme, or 1 tsp dried thyme
- 2 16-oz cans cannelloni beans or other white beans, drained and rinsed
- ½ cup water
- 1 28-oz can diced tomatoes
- 1 14-oz can fat free low sodium chicken broth
- 3 oz baby spinach leaves, coarsely chopped
- 2 cups shredded skinless, boneless rotisserie chicken
- ¼ tsp salt
- ¼ tsp pepper



Heat oil in medium pan. Add onion and cook **5 minutes**. Add garlic and thyme. Sauté **1 minute** while stirring.

Add beans, water, tomatoes and broth. Increase heat to high until stew begins to bubble. Reduce heat and simmer for **10 minutes**. Add more water or chicken broth if necessary.

Add spinach, stirring until wilted. Add chicken. Cook **2 minutes**.

Season with salt and pepper.

Note: Great served with cornbread.

Yield: 6 servings

- Sally Hardee
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