

# Healthy Recipe of the Week



Use organic ingredients whenever possible.

## Garlicky Chicken Stew

Originally from Gooseberry Patch - "Fall, Family & Friends"

**Serves: 4**

**4 boneless, skinless chicken thighs**

**3-1/2 c. chicken broth (Look for one without MSG)**

**2 c. plum tomatoes, chopped**

**1 c. green pepper, chopped**

**1 c. onion, chopped**

**1/2 c. long-cooking rice, uncooked (brown rice or wild rice work well)**

**1/2 c. garbanzo beans, drained and rinsed (aka: chickpeas)**

**3 cloves garlic, chopped**

**1/2 tsp salt**

**1/2 tsp pepper**

**1 bay leaf**

**garnish: shredded Monterey Jack cheese, diced avocado**

**Combine all ingredients except cheese and avocado in a slow cooker. Cover; cook on low setting for 7 to 9 hours, until chicken and rice are tender. Remove and discard bay leaf. To serve, place a chicken thigh in each soup bowl; top with soup and garnish as desired.**