

Italian Chicken Stew

*Taste of Home Test Kitchen
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*3 cups "Homemade
Marinara Sauce" (see
recipe listed under "sauces
- cooking")*

*1 pound boneless/ skinless
chicken breasts, cut in one-
inch cubes*

*4 medium potatoes, peeled
& cut*

1 red pepper, chopped

2 cloves garlic, minced

2 tablespoons olive oil

*1 3/4 cups frozen green
beans*

1 teaspoon dried basil

1/4 teaspoon salt

*1/4 teaspoon crushed red
pepper flakes*

In a soup pot in two tablespoons of olive oil, cook the chicken, potatoes, red pepper, and garlic until the chicken is no longer pink and the vegetables are tender.

Stir in the marinara sauce. (Store bought sauce may be substituted). Stir in the green beans, basil, salt and red pepper flakes.

Cook and stir until heated through.

Per Serving (excluding unknown items): 741 Calories; 28g Fat (32.8% calories from fat); 16g Protein; 115g Carbohydrate; Dietary Fiber; 0mg Cholesterol; 573mg Sodium. Exchanges: Grain(Starch); 5 Vegetable; 5 Fat.