



# ***Savory Chicken, Vegetable and Navy Bean Stew***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1 tablespoon olive oil  
6, 3 ounce chicken breasts (boneless/skinless)  
1 medium sweet onion, finely diced  
2 red bell peppers, finely diced  
2 garlic cloves, minced  
2 zucchini, finely diced  
14 ounce petite diced tomatoes  
1 3/4 cups vegetable stock  
1/3 cup dry white wine  
14 ounce Navy beans, rinsed and drained  
1 tablespoon fresh basil, chopped  
Salt and freshly ground pepper

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## ***Directions***

Heat oil in a large, deep skillet. Salt and pepper chicken and cook in pan for 2 minutes on each side until browned.

Add onions to pan and cook until softened. Add garlic, pepper, and zucchini and continue to cook for 2-3 minutes.

Stir in tomatoes, stock and wine. Simmer for 15-20 minutes until sauce is thickened and chicken is cooked through.

Add beans and basil, stir to heat through. Salt and pepper, to taste.

Serve In soup bowls with crusty bread. Enjoy!!