

Chicken and Butternut Squash Quinoa Stew

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-breast-stew-recipe-south-africa>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 yellow onion medium, finely chopped
- 1 1/2 teaspoons dried oregano
- 4 cloves garlic finely minced
- 4 cups low sodium chicken broth
- 1 1/2 pounds chicken breasts or boneless, skinless chicken thighs
- 14 ounces diced tomatoes petite or regular
- 3 cups butternut squash chopped, about 1 medium squash, peeled and seeded
- 2/3 cup quinoa uncooked
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cups fresh spinach chopped

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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