

Rutabaga Stew

From – *allrecipes.com*

1 Tbsp vegetable oil
1 ½ pounds chicken, diced
4 rutabagas, peeled and diced
4 medium beets, peeled and diced
4 carrots, diced
3 stalks celery or 1 peeled celeriac, diced
1 red onion, diced
water, or to cover

- Heat vegetable oil in a Dutch oven or large pot over medium heat.
- Cook and stir chicken in hot oil until completely browned, 3 to 5 minutes.
- Add rutabagas, beets, carrots, celery, and red onion to the pot.
- Pour enough water over the vegetable mixture to cover completely.
- Reduce heat to low and cook at a simmer for at least 4 hours, adding water as needed to keep vegetable submerged.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com