

Chicken & White Bean Stew with Spinach

Serves: 4

Ingredients

- 3 T / 42 g unsalted butter
 - 180 g yellow onion, finely chopped
 - 5 cloves / 15 g garlic, smashed and peeled
 - 1 sprig rosemary or 2 sprigs sage
 - $\frac{3}{4}$ tsp / 4.5 g kosher salt (or salt + MSG blend), divided
 - Black pepper, to taste
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- 450 g boneless, skinless chicken breast
 - 960 ml chicken stock, $\frac{1}{2}$ -strength
 - 2 × 400 g cans white beans (cannellini or similar), drained and rinsed
 - 120–150 g fresh spinach, roughly chopped



Optional finish

- 1–2 tsp / 5–10 ml lemon juice
- 1 T extra-virgin olive oil

Instructions

1. Melt **butter** in a Dutch oven over **medium heat**.
2. Add **onion, garlic, herb sprig, $\frac{1}{2}$ tsp salt, and black pepper**.
3. **Cook 8–10 minutes**, stirring often, until onion is soft and lightly golden.
4. Remove and discard herb sprig.
5. Add **chicken, stock, and beans**. Bring just to a **simmer**.
6. **Reduce heat to low**, cover, and **cook 12–15 minutes** until chicken reaches 74°C.
7. Transfer chicken to a bowl.
8. Mash about $\frac{1}{4}$ of the **beans** against the side of the pot to thicken the broth.
9. Add **spinach**, increase heat to **medium**, and simmer uncovered **2–3 minutes** until wilted.
10. Shred chicken and return to pot.
11. Adjust seasoning with remaining **salt** and **pepper**.
12. Finish with **lemon juice** and **olive oil** if using.

Chicken alternatives

- Boneless chicken thighs (500 g) may be used; simmer 15–18 minutes.

Flavor additions

- Add a Parmesan rind with the stock for extra depth (remove before serving).
- Add $\frac{1}{4}$ tsp chili flakes for gentle heat.

Serving suggestions

- Serve with a Greek-style salad (tomato, cucumber, olive oil, lemon).
- Excellent with focaccia or cornbread.

Nutrition (per serving, approx.)

Kcal: ~420 | Protein: ~38 g | Fat: ~16 g | Sat. Fat: ~7 g | Carbs: ~30 g | Sugars: ~4 g | Fiber: ~7 g | Sodium: ~650 mg | Omega-3: negligible