

## Braised Chicken and White Beans (serves 4)

1 tsp. olive oil  
1 lemon zested  
1 whole chicken 2-3 lb.  
1 carrot cut in half  
1 onion cut in half  
1 tomato cut in half  
1 herb bundle (thyme, parsley, bay leaf, rosemary, basil, all tied together)  
1 C white beans  
1 C Basmati rice  
1/2 C quartered artichoke hearts  
1 C fresh chopped tomatoes  
2 C fresh spinach  
3 T freshly chopped basil  
S and P to taste

1. In large stock pot add whole chicken, carrot, onion, tomato, and herbs and cover with water, bring to boil and simmer until chicken is cooked (approx. 50 minutes).
2. Place white beans and water in a pot. Bring to a boil and reduce heat to a simmer until fully cooked. Add basmati and two cups of waters to another pot and bring to a boil. Reduce heat to a simmer and cover. Cook for about 20 minutes or until fully cooked.
3. Remove chicken and strain "stock." Set aside.
4. Heat a sauté pan w 1 tsp. olive oil, add white beans, artichoke hearts, tomatoes, spinach and basil; cook for 3-4 minutes. Add chicken and 1 cup of prepared stock. TASTE.
5. Serve as a stew over the basmati rice or add more stock for a soup substitute. Regardless, save stock for future use!