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SMART CHICKEN APPLE SMOKED SAUSAGE AUTUMN STEW

Yield: 4-6 servings

Time: 45 minutes

INGREDIENTS

- Extra virgin olive oil
- 1 medium onion, finely diced
- 1 rib celery, finely diced
- 1 medium carrot, finely diced
- 1 large rutabaga, peeled and cut into 1/2-inch pieces
- 2 medium parsnips, woody center removed, cut into 1/2-inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 – 3 cups chicken stock
- 1 14-ounce can diced tomatoes with juice
- 1/4 cup apple cider vinegar
- 12-ounce sweet apple chicken smart sausage, cut on the bias into 1/2-inch pieces

DIRECTIONS

In a six-quart stock pot swirl 1-2 tablespoons on the bottom of the pan and add the onion. Cook over medium-high heat until onion is translucent. Add celery and carrot; cook until tender - approximately 5-8 minutes.

Add rutabaga, parsnips and sweet potatoes; cover vegetables with chicken stock. Cover the pot and bring stock to a boil. Reduce to a simmer and cook until vegetables are fork-tender, 10 to 12 minutes. Add diced tomatoes with their juice, apple cider and sausage.

Bring back to a boil; simmer for about 10 minutes, until heated through. Check for seasoning and add salt and pepper if necessary.

Ladle into bowls and serve with crusty bread.