



Hearty and comforting, this stew can be found with slight variations all over the Mediterranean. I love this version because you can really taste how all the ingredients come together to create a unified, one-pot meal. If you like, serve with some crusty Multigrain Bread.

INGREDIENTS

1 tablespoon tomato paste
4 cups chicken stock, vegetable stock, or water
1 whole chicken (3 pounds) cut into eight pieces
3 medium eggplants, diced into 1-inch cubes
2 green bell peppers, roughly chopped
2 red bell peppers, roughly chopped
2 garlic cloves, minced
4 medium tomatoes, diced
1 bunch fresh flat-leaf parsley, stemmed and chopped
½ cup olive oil
Salt and freshly ground black pepper
Greek yogurt, for serving

COOK'S NOTES

Tailor this recipe to your taste! Feel free to add whatever you like - there is no right or wrong, only what is delicious to you!

If you can't find fresh produce, use frozen/canned/boxed/jarred products - there are fantastic pantry options for the produce ingredients listed, & anything goes!

Method:

Preheat the oven to 375°F.

In a medium bowl, dissolve the tomato paste in the chicken stock.

In a large baking pan, combine the chicken, eggplant, bell peppers, garlic, tomatoes, parsley, olive oil, and salt and pepper to taste.

Pour the tomato paste mixture over the chicken and vegetables.

Cover and bake for 30 minutes.

Uncover and bake until the chicken is thoroughly cooked and golden, another 30 minutes.

Serve with yogurt.

Enjoy!