



# Dinner Recipe

## Greek Chicken and Vegetable Ragout

### Ingredients:

- 3 cups baby carrots
- 2 medium yellow fleshed potatoes, peeled and cubed
- 2-pound boneless organic chicken breasts
- 1 14-ounce can bone broth
- 1/3 cup dry white wine
- 4 cloves garlic, minced
- 3/4 teaspoon salt
- 1 15-ounce can artichoke hearts, rinsed and quartered if large
- 1 large egg
- 2 large egg yolks
- 1/3 cup lemon juice
- 1/3 cup chopped fresh dill
- Freshly ground pepper to taste



### Directions:

1. Spread carrots and potatoes over the bottom and up the sides of a 4-quart or larger crockpot. Arrange chicken on top of the vegetables. Bring broth, wine, garlic and salt to a simmer in a medium saucepan over medium-high heat. Pour over the chicken and vegetables. Cover and cook until the chicken is cooked through and vegetables are tender, 2 1/2 to 3 hours on high or 4 to 4 1/2 hours on low.
2. Add artichokes to the slow cooker, cover and cook on high for 5 minutes. Meanwhile, whisk egg, egg yolks and lemon juice in a medium bowl
3. Transfer the chicken and vegetables to a serving bowl using a slotted spoon. Cover and keep warm. Ladle about 1/2 cup of the cooking liquid into the egg mixture. Whisk until smooth. Whisk the egg mixture into the remaining cooking liquid in the crockpot. Cover and cook, whisking 2 or 3 times, until slightly thickened and sauce reaches 160°F on an instant-read thermometer, 15 to 20 minutes. Stir in dill and pepper. Pour the sauce over the chicken and vegetables and serve.

Enjoy!

Makes 6 servings

### Nutrition Information:

**1 serving: 330 calories, 34 grams protein, 18 grams carbs, 11 grams fat**

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