



FAST. EASY. FRESH.

# CHICKEN STEW WITH BULGUR, GREEN BEANS, AND SUNFLOWER SEEDS

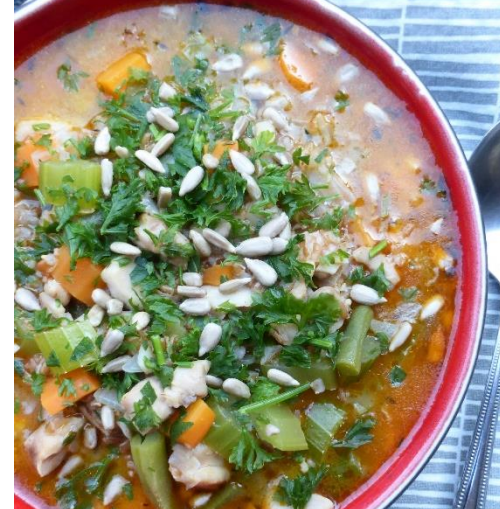
**1.** Start by peeling the **onion**, then dice it finely. Peel and mince the **garlic**. Peel the **carrots**, then dice it. Next, wash the **celery stalks**, cut them in half lengthwise, and dice them. Wash the **green beans**, cut the tips off, and slice them into 1" pieces. Chop the **parsley**.

**2.** In a pot, heat 4 Tbsp. **canola oil**. Add the onions, garlic, and **bulgur**. Sweat, 2-3 minutes. Deglaze with the **chicken broth**, then add the carrots, celery, green beans, and parsley. Bring to a boil, reduce to a simmer, and cook for 15 minutes or until the bulgur is tender.

**3.** Meanwhile, cut the **chicken thighs** into ½" dice. Toss in a bowl with the **celery salt, thyme, and paprika**. In a pan, heat the 3 Tbsp. canola oil. Add the chicken, and sauté, 3-4 minutes or until fully cooked.

**4.** When the bulgur is tender, add the chicken to the stew, then season to your liking with **sea salt and black pepper**.

**5.** To serve, portion the chicken stew into bowls, and garnish with **sunflower seeds**. Enjoy!



## Ingredients (4 Person Serving – 884 Calories Per Serving)

Yellow Onion	1 Large	Chicken Broth	6 Cups
Garlic	2 Cloves	Chicken Thighs	8
Canola Oil	5 Tbsp.	Celery Salt	1 tsp.
Carrot	2 Medium	Paprika	2 tsp.
Green Beans	75 g	Dried Thyme	2 tsp.
Celery	6 Stalks	Sunflower Seeds	4 Tbsp.
Parsley	Few Sprigs	Salt and Pepper	To Taste
Bulgur	1 Cup		

**35** Minute Cook Time!