

Folk School Camp Carrot & Parsnip Stew by Stephanie Burnette



- 1 bag carrots
- 1 bag parsnips
- 2 boneless chicken breasts
- 1 can chickpeas (garbanzo beans) drained and rinsed
- 2 cups warmed beef broth
- 1/4 teaspoon curry powder
- 1/4 teaspoon paprika
- 1/4 teaspoon ground coriander
- 2 tablespoon butter
- 2 tablespoon coconut oil
- salt and pepper to taste

Peel parsnips and carrots and cut them into 1 inch long sticks (slicing them into circles also works very nicely); keep the 2 separated.

Heat 1 tablespoon coconut oil in a large stock pot or Dutch oven. Add 1 tablespoon butter and let it melt. Add parsnips to the pot and allow them to brown for about 5 minutes.

Add the other tablespoon of butter; add carrots; stir well and allow the carrots and parsnips to cook for about 10 minutes. Stir the pot often to make sure the veggies aren't sticking.

Stir in chickpeas and beef broth. Stir in the spices. Turn pot to low and loosely cover.

In a frying pan heat the other tablespoon of coconut oil and fry chicken breasts until done. Remove chicken from pan and allow to rest for 5 minutes. Cut chicken into bite sized pieces and add to stew along with any drippings that are left in the frying pan.

The stew is very tasty eaten by itself as a one bowl meal. Or you can serve it with bread or crackers.

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