



## Greek Recipes

### Greek Chicken Stew

- 3 tablespoons olive oil
- 1 large onion, chopped (about 1 cup)
- 1 large green bell pepper, chopped (about 1 cup)
- 1 tablespoon jarred minced garlic
- 4 teaspoons dried Greek seasoning, crumbled between the fingers
- 1 (28-ounce) can crushed tomatoes, in puree
- 1 (15-ounce) can garbanzo beans, rinsed and drained
- 1 cup fat free, less sodium chicken broth
- 2 bay leaves
- Pepper, to taste
- 1 rotisserie chicken, cut into serving pieces
- 1/2 cup pitted kalamata olives, coarsely chopped
- 1 tablespoon freshly squeezed lemon juice
- Cinnamon Couscous, recipe follows

Heat the oil in a Dutch oven over medium-high heat. Add the onion and bell pepper and cook, stirring frequently, until they begin to soften, about 4 minutes. Add the garlic and seasoning and cook for 1 minute, stirring constantly. Add the tomatoes, garbanzo beans, broth, bay leaves, and pepper. Stir well. Bring to a boil and boil for 5 minutes, stirring frequently. Add the chicken, lower the heat to medium, and simmer, uncovered, for 15 minutes. Stir frequently to prevent sticking. The mixture will thicken. Remove the bay leaves and discard. Stir in the olives and lemon juice.