



Savory Chicken & Vegetables



SERVINGS: 6

PREP TIME: 40 MINUTES

COOK TIME: 3 HOURS

Ingredients

- 4 lbs. boneless, skinless chicken thighs, trimmed and diced into bite size pieces
- 1 lb. carrots, cut into small ½ inch strips
- 4 medium yellow potatoes, such as Yukon Gold, peeled and cut lengthwise into 1 inch Wedges
- 2 to 3 tablespoons olive oil
- ½ cup dry white wine
- 1 small onion, sliced into thin strips
- Salt and fresh ground pepper to taste
- 2 cups reduced-sodium chicken broth
- 1 (14.5oz) can, diced tomatoes with liquid
- 4 large garlic cloves, minced
- 1 (15oz) canned artichoke hearts, rinsed and quartered
- ⅓ cup chopped fresh dill

Preparation

1. Fill and preheat your water bath to 165F (73C).
2. In a large sauté pan on medium high heat, brown the chicken, carrots and potatoes in olive oil for 5-6 minutes. Add white wine and cook for an additional 1 minute to release alcohol from the wine. Season with salt and pepper to taste.
3. Add chicken and vegetable mixture to all remaining ingredients in a large mixing bowl. Stir and then divide equally into two - 1-gallon vacuum pouches and vacuum seal.
4. Submerge pouches completely into the water bath cook for 3 hours.
5. Remove chicken thighs, veggies and remaining juices from the pouches and place into a bowl.
6. Garnish with fresh dill, salt and fresh-ground black pepper, as desired.