

# Spicy Chicken And Squash Stew

*A green salad and some crusty bread is all that's needed for a delicious supper, but there's enough sauce to have rice as part of the menu.*

2 tbsp (25 ml)	paprika
1 tsp (5 ml) each	dried thyme and dry mustard
½ tsp (2 ml) each	cayenne and ground cloves
¼ tsp (1 ml) each	salt and pepper
4	chicken legs, separated into thighs and drumsticks
1 tbsp (15 ml)	vegetable oil
2	Ontario onions, sliced
2 cloves	Ontario garlic, minced
1 tbsp (15 ml)	fresh gingerroot, minced (or 1 tsp/5 ml powdered ginger)
1 can (14 oz/398 ml)	tomatoes, chopped
2 tbsp (25 ml) each	packed brown sugar and soy sauce
1	Ontario butternut squash, peeled and coarsely cubed (7 cups/1.750 L)
1 tbsp (15 ml)	cornstarch
	fresh parsley, chopped

1. In large bowl, combine paprika, thyme, mustard, cayenne, cloves, salt and pepper. Add chicken and roll to coat well. In large deep skillet or shallow saucepan, heat oil over medium heat. Brown chicken well, in batches, removing to plate.
  2. Pour off all but 2 tbsp (25 ml) drippings from pan. Add onions, garlic, ginger and any remaining spices in bowl. Cook, stirring, for 5 minutes.
  3. Stir in tomatoes, ½ cup (125 ml) water, brown sugar and soy sauce. Bring to boil, scraping up any brown bits from bottom of pan.
  4. Return chicken and any juices to pan; add squash. Reduce heat, cover and simmer for about 35 minutes or until squash is tender and juices run clear when chicken thigh is pierced.
  5. Dissolve cornstarch in 2 tbsp (25 ml) cold water. Stir into stew and cook, stirring, until thickened. Taste and add more salt and pepper if needed. Serve sprinkled with parsley.
- Serves 6.*

## ***Nutritional Information Per Serving***

Protein: 33.0 grams

Fat: 18.0 grams

Carbohydrates: 33.5 grams

Calories: 428