

Foodnity Recipes

Easy Fall Dinner Ideas for Cozy Meals

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 medium butternut squash, peeled and diced
- [ ] 2 lbs chicken thighs or beef stew meat
- [ ] 1 large onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 carrots, sliced
- [ ] 2 celery stalks, sliced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] Salt and pepper to taste

For the Sauce/Broth

- [ ] 4 cups chicken or beef broth
- [ ] 2 tbsp honey
- [ ] 2 tbsp soy sauce or coconut aminos
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 bay leaf

Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add onions, garlic, carrots, and celery. Sauté until softened, about 5 minutes.
2. Add the meat to the pot and brown on all sides. This step adds depth of flavor to your dish.
3. Pour in the broth, honey, soy sauce, apple cider vinegar, and bay leaf. Stir in the thyme, rosemary, salt, and pepper. Bring to a simmer.
4. Add the diced butternut squash to the pot. Cover and let it simmer for 30-40 minutes, or until the meat is tender and the squash is soft.
5. Taste and adjust seasoning if needed. Remove the bay leaf before serving.

Nutrition per serving

380 kcal	30 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, you can sear the meat in batches to avoid overcrowding the pot.
- If you prefer a thicker stew, mix 1 tbsp cornstarch with 2 tbsp water and stir it into the pot during the last 10 minutes of cooking.
- This dish tastes even better the next day, so consider making it ahead of time.