

Foodnity Recipes

Fall Farmhouse Recipes for Cozy Seasonal Meals

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 large butternut squash, peeled and cubed
- [ ] 2 large carrots, chopped
- [ ] 2 celery stalks, chopped
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 lb chicken breast, diced
- [ ] 4 cups chicken or vegetable broth
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil

For the Apple Crisp Topping

- [ ] 4 large apples, peeled and sliced
- [ ] 1/2 cup rolled oats
- [ ] 1/4 cup flour
- [ ] 1/4 cup brown sugar
- [ ] 1 tsp cinnamon
- [ ] 1/4 cup cold butter, cubed

Instructions

1. In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery, and sauté until softened, about 5 minutes. Add garlic and cook for another minute until fragrant.
2. Add diced chicken to the pot and cook until lightly browned. Pour in the broth, then add butternut squash, thyme, rosemary, bay leaf, salt, and pepper. Bring to a boil, then reduce heat and let it simmer for 25-30 minutes, until the squash is tender.
3. While the stew simmers, prepare the apple crisp. Preheat the oven to 375°F (190°C). Toss sliced apples with a little lemon juice to prevent browning, then place them in a baking dish.
4. In a bowl, mix oats, flour, brown sugar, and cinnamon. Cut in the cold butter until the mixture resembles coarse crumbs. Sprinkle this over the apples and bake for 25-30 minutes, until golden and bubbly.
5. Remove the bay leaf from the stew and adjust seasoning if needed. Serve the stew hot, topped with a scoop of apple crisp for a sweet and savory combination.

Nutrition per serving

420 kcal Calories	**24 g** Protein	**52 g** Carbs	**14 g** Fat

Tips & notes

- For a vegetarian version, omit the chicken and use vegetable broth. Add chickpeas or white beans for extra protein.
- The apple crisp can also be served as a standalone dessert with a dollop of whipped cream or vanilla ice cream.
- If you prefer a smoother stew, use an immersion blender to partially blend the soup before adding the chicken.
- This stew freezes well—just cool completely and store in airtight containers for up to 3 months.