

Chef Ben's
Quick Chicken & Sausage Stew
Serves 4-6

Ingredients

- 2 Tbsp extra virgin olive plus more for serving
- 8 Oz favorite smoked sausage cut into 1/2" dice
- 1 Diced medium onion - about 1 cup
- 1 Tbsp smoked Spanish paprika
- 2 Cans (15oz each) chickpeas drained & rinsed
- 1 Can (28oz) diced fire-roasted tomatoes
- 1 Whole chicken (about 4 lbs) cut into 8 serving pieces or a mix of bone-in skin-on breasts, drumsticks, and/or thighs
- 2 Cups homemade or store-bought low sodium chicken stock
- Kosher salt & freshly ground black pepper
- 2 Tsp Sherry vinegar
- Chopped fresh parsley leaves for serving



Directions

Heat oil in a pressure cooker over medium-high heat until shimmering. Add sausage and cook, stirring until just starting to crisp around the edges, about 2 minutes. Add onions and cook, stirring until softened, about 3 minutes. Add paprika, chickpeas, tomatoes, chicken pieces, and stock. Season gently with salt and pepper.

Seal pressure cooker and bring to high pressure. Cook for 15 minutes. Cool pressure cooker under a cold running tap (if using an electric cooker, use the quick release valve), and open. Return to high heat and cook stirring gently until it achieves a thick stew-like consistency, about 5 minutes. Stir in vinegar and season to taste with salt and pepper. Stir in parsley and serve, drizzling with more extra-virgin olive oil at the table.

Enjoy,

Chef Ben