

Chicken, Artichoke, and Bean Spezzatino

Recipe by: Dan Palmer, Culinary Services Director, University House Wallingford
Approximately 6 servings

INGREDIENTS

- 1 4-oz. pancetta, diced into ¼ inch pieces
- 2 skinless chicken breasts (about 2 pounds) with rib meat
- 2 14-oz. cans low-sodium chicken stock
- 1 15-oz. can cannellini beans, rinsed and drained
- 12 oz. frozen artichoke hearts, thawed and chopped in 1-inch pieces
- 2 medium carrots, peeled and cut into ½ inch pieces
- 2 celery stalks, thinly sliced
- 1 onion, diced
- 3 cloves garlic, halved
- ½ cup basil leaves, chopped, tightly packed
- 2 Tbsp. tomato paste
- 2 Tbsp. olive oil
- 2 tsp. dried thyme
- 1 tsp. kosher salt, plus more for seasoning
- 1 tsp. freshly ground black pepper, plus more for seasoning
- 1 bay leaf

PREPARATION

Step 1

In a heavy 5- or 6-quart saucepan, heat the olive oil over medium-high heat. Add the pancetta and cook, stirring frequently, until brown and crispy, about 6 to 8 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels. Set aside.

Step 2

To the same saucepan, add the carrots, celery, onion, garlic, one teaspoon of the salt and one teaspoon of the pepper. Cook over medium heat until the onion is translucent, about 5 minutes.

Chicken, Artichoke, and Bean Spezzatino

Recipe by: Dan Palmer, Culinary Services Director, University House Wallingford
Approximately 6 servings

Step 3

Stir in the chicken stock, basil, tomato paste, thyme, and bay leaf. Add the chicken and press down to submerge. Bring the liquid to a simmer. Continue to simmer uncovered, turning the chicken over and stirring occasionally, for 20 minutes.

Step 4

Add the artichokes and the cannellini beans. Simmer until the chicken is cooked through and the liquid has reduced slightly, about 10 to 15 minutes.

Step 5

Remove the chicken and let cool for 5 minutes. Discard the bones and cut the meat into bite-size pieces.

Step 6

Return the meat to the saucepan and simmer for 5 minutes until warmed through. Discard the bay leaf. Season with salt and pepper to taste.

Step 7

Ladle the spezzatino into bowls and garnish with the pancetta.