

# Recipe: Braised Chicken and Vegetables

Makes 4 – 6 servings

## Ingredients:

- 2 tablespoons grass-fed butter, such as **Kerrygold**
- 2.5 – 3 pound whole chicken cut into pieces; or bone-in breasts, thighs and drumsticks
- Sea salt and freshly ground black pepper
- 1 large onion, finely chopped
- 4 – 6 carrots, sliced into 1-inch pieces
- 3 ribs of celery, sliced into 1-inch pieces (you may add and/or substitute other
- Vegetables of your choice such as zucchini, **mushrooms** or potatoes)
- 4 cloves **garlic**, thinly sliced
- 1 cup dry white wine (substitute broth or stock if you prefer)
- 2 or more cups **bone broth** or good quality chicken stock, depending upon size of your pot
- 2 tablespoons finely chopped fresh herbs such as thyme, rosemary, chives, oregano, tarragon or a combination
- 2 tablespoons roughly chopped **parsley** (or other herb) for garnish
- Lemon zest from one small lemon (optional)