

SPRING CHICKEN RAGOUT

SERVES 4

Stewing the chicken on the bone makes it tender and juicy.

- 2 whole chicken breasts (1½ pounds), bone in, split and skinned
- Salt and freshly ground pepper
- 2 teaspoons olive oil
- 1¾ cups homemade or low-sodium canned chicken stock
- 4 canned plum tomatoes, seeded and quartered
- 12 baby carrots, peeled and trimmed
- ½ pound asparagus, trimmed and cut into 1½-inch pieces
- 1 leek (about 6 ounces), well cleaned and cut into ¼-inch rounds
- 1 cup shelled peas, preferably fresh
- Flat-leaf parsley, for garnish (optional)

1. Season chicken breasts with salt and pepper. Heat olive oil in a large skillet, add chicken, and cook over medium-high heat until golden brown on both sides, about 7 minutes total.
2. Add stock and tomatoes, bring to a boil, and cover. Cook on medium-low heat for about 20 minutes; remove chicken and set aside.
3. Add carrots to skillet and cook, covered, until almost tender, about 5 minutes. Add asparagus, leeks, and peas and cook until all the vegetables are tender, about 5 more minutes.
4. Meanwhile, pull chicken from bone and shred into large bite-size pieces. Return chicken to skillet and cook until heated through, about 2 minutes. Serve over egg noodles and garnish with sprigs of parsley, if desired.