

## **Risotto with Braised Chicken, Kale, and White Beans:**

### **Ingredients:**

For the Braised Chicken:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 ounces) diced tomatoes
- 1 cup chicken broth
- 1 teaspoon dried thyme
- Salt and pepper to taste

For the Risotto:

- 1 1/2 cups Arborio rice
- 4 cups chicken broth, warmed
- 1/2 cup white wine
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups fresh kale, chopped
- 1 can (15 ounces) white beans, drained and rinsed
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons butter
- Salt and pepper to taste

### **Instructions:**

#### **Braised Chicken:**

1. In a large skillet, heat the olive oil over medium-high heat. Add the chicken breasts and cook until browned on both sides. Remove the chicken and set aside.
2. In the same skillet, add chopped onion and minced garlic. Sauté for 2-3 minutes until the onion becomes translucent.
3. Add diced tomatoes, chicken broth, dried thyme, salt, and pepper. Return the chicken to the skillet. Bring to a simmer, then cover and cook for about 20-25 minutes, or until the chicken is cooked through and tender.

4. Remove the chicken from the skillet, shred it, and return it to the skillet to keep warm.

### **Risotto:**

5. In a separate large saucepan, heat the chicken broth and keep it warm over low heat.
6. In another large skillet, heat a little olive oil over medium heat. Add chopped onion and minced garlic. Sauté for 2-3 minutes until the onion becomes translucent.
7. Add Arborio rice and cook, stirring, for about 2-3 minutes until the rice becomes translucent at the edges.
8. Pour in the white wine and cook, stirring, until it's mostly absorbed by the rice.
9. Gradually add the warm chicken broth, one ladle at a time, stirring constantly and allowing the liquid to be absorbed before adding more. Continue this process until the rice is creamy and al dente, which should take about 18-20 minutes.
10. Stir in the fresh kale and white beans, cooking for an additional 3-4 minutes until the kale wilts and the beans are heated through.
11. Remove from heat and stir in grated Parmesan cheese and butter. Season with salt and pepper to taste.
12. Serve the risotto alongside the braised chicken.

Enjoy your delicious Risotto with Braised Chicken, Kale, and White Beans for a hearty and flavorful meal!