

Herbed Chicken & White Bean Ragout (Gluten Free*)


A herb seasoned chicken breast over flavor infused white bean mixture.

Yield	7 lbs 14 oz (12 oz each)
Serves	10
Preparation time	30 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	oz	2	tbsp	Minor's® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)	
4	oz	1/2	cup	Olive oil	
2	oz	1/4	cup	Lemon juice, fresh	
1	tsp			Black pepper, ground	
2	tsp			Rosemary, fresh	chopped
1	tsp			Oregano, fresh	chopped
50	oz	10	each	Chicken breast fillets, without skin	boneless
1	oz	2	tbsp	Butter	
8	oz	2	cups	Onions	medium diced
12	oz	2	cups	Tomatoes	Roma, seeded, medium diced
1.5	tsp			Garlic, minced, wet	
1	tbbsp	3	tsp	Thyme, fresh	
36	oz	1	qt	Beans, cannellini/white kidney, cnd	cooked, drained
36	oz	1	qt	Beans, great northern, cnd (Gluten Free)	cooked, drained
36	oz	1	qt	Butter beans, canned	cooked, drained
24	oz	3	cups	Water	
3/4	oz	1	tbbsp	Minor's® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)	
4	tbbsp	1/4	cup	Parsley, raw	fresh, chopped

Preparation Steps

- In a bowl, combine Chicken Base, olive oil, lemon juice, pepper, rosemary and oregano; mix with a wire whip until smooth. Add chicken breast. Toss to completely coat, cover and chill. Marinade 30-45 minutes.
- In a skillet over medium high heat, melt butter. Add onions, tomatoes, garlic and thyme. Sauté 4-5 minutes until tender. Add cooked cannellini, great northern and baby butter beans, water and Chicken Base. Stir to combine. Bring to a slow boil; reduce heat and simmer for 2-3 minutes. remove from heat. Cover and keep warm.
- In another skillet over medium high heat, sauté marinated chicken breast 3-4 minutes on each side or until done.
- For service: Slice breast on a bias. In center of plate, place 1-1/4 bean ragout and top with sliced chicken. Garnish with parsley.

Chef's tip

*When using Gluten Free ingredients, recipes, and proper back of house procedures.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	556.9
Energy (KJ)	2379.2
Protein (g)	49.1
Carbohydrate, total (g)	48.3
Fats, total (g)	17.9

Sugars, total (g)	4.6
Fats, saturated (g)	3.6
Fiber, total dietary (g)	15.3
Sodium (mg)	1383.9
Calcium (mg)	114.8
Cholesterol (mg)	90.6
Iron (mg)	5.6
Fats, monounsaturated (g)	9.3
Fats, polyunsaturated (g)	1.8
Vitamin A (µg_RAE)	86.8
Vitamin C (mg)	12.2
Vitamin D (µg)	0.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.