

Cassoulet

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15 medium Brussels sprouts, trimmed and cut in half

2 medium red onions, cut into eights

3 medium parsnips, cut in half lengthwise and then cut into one inch pieces

3 medium carrots, cut in half lengthwise and then cut into one inch pieces

3 celery stalks, cut into one inch pieces

1/4 cup fennel spice rub (recipe follows) reserve 2 tablespoons

6 boneless skinless chicken thighs

3 garlic cloves, minced

1/4 pound thickly cut bacon, cut into 1 inch pieces

two 15.5 cans white beans (Great Northern)

1 cup low sodium chicken stock

olive oil

Preheat oven to 400 degrees.

On a two large sheet pans lined with foil, spread out the vegetables and toss with some olive oil and salt and pepper. Roast for about 45 minutes, stirring every fifteen minutes, until the vegetables are tender and golden.

Lay the chicken thighs on a sheet pan covered with foil and rub on both sides with all but 2 tablespoons of the fennel spice mixture. Roast in oven for 15 minutes.

In a large cast iron casserole dish (Le Creuset) cook the bacon over medium high heat until done, Pour of all but 2 tablespoons of the grease and add the garlic, cooking and stirring for one minute. Add the vegetables and the remaining two tablespoons of the fennel spice mixture and gently stir. Add the chicken, 2 cans of white beans and chicken stock. Bring to a simmer and then place into the oven for 20 – 25 minutes. Add more chicken stock if needed to bring to the desired consistency. Serve and enjoy with family and friends.