

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Chicken, Sausage and White Bean Pot

6 chicken thighs, skin on/bone in  
2 links Italian-style sweet or spicy sausage, cut into 6 pieces  
2 tbsp extra-virgin olive oil  
1 onion, diced  
4 medium carrots, diced  
4 celery sticks, diced  
1 celery root, diced  
1 14 oz can white kidney or Canellini beans  
3 cloves garlic, minced  
1 14 oz tin diced tomatoes  
2 bay leaves  
1 tsp smoked hot paprika  
1 ½ cups chicken broth or bone broth  
Sea salt and freshly cracked black pepper  
1 tbsp grass-fed butter  
2 tbsp chopped fresh parsley

Heat the olive oil in a large, stove-top/oven-proof casserole. When the oil is hot, brown the chicken thighs on both sides until golden brown. Transfer the chicken to a plate and brown the sausage. Remove the sausage and add the diced onion, carrots, celery and celery root and cook over a medium heat to brown the vegetables, about 5 to 8 minutes.

Add the beans, garlic, tomatoes, bay leaves, smoked hot paprika and broth. Season with sea salt and a grinding of black peppercorns. Stir well to mix the flavours together.

Place the chicken pieces on top with the sausage, bring the whole lot to simmering point, then reduce the heat to low, cover and leave to simmer for 30 to 35 minutes. Finally, lift the chicken breasts and sausage out on to warmed plates. Stir the butter and parsley into the sauce before spooning it over the chicken. Serves 6.



Recipe courtesy of Lynn Ogryzlo  
Photograph courtesy of [www.bhg.com](http://www.bhg.com)

Episode #34: Eat To Fight A Common Cold

Email Lynn with questions or comments at  
[lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

**Because What You Put In Your Body Matters!**