

# Chicken & Veggie Puree

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Makes 12

## Ingredients

3 T olive oil  
3/4 C leeks, finely chopped  
12 oz chicken breast, diced  
3/4 C white mushrooms,  
chopped  
3/4 C potato or sweet  
potato, peeled & chopped  
3/4 C apple, peeled, cored  
& chopped  
3 C chicken or veggie stock

## Instructions

1. Heat the oil in a small saucepan and gently cook the leek and chicken for 8-10 minutes, until the leek is tender and the chicken is cooked but not browned. Add the mushrooms, potato and apple. Add the stock, cover, and simmer gently for about 15 minutes, until the vegetables are tender.
2. Puree the mixture until a desired consistency is reached. Enjoy!