

Ciambotta with Chicken – Italian Vegetable Stew

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Every summer, my mother would make a big pot of ciambotta – the rustic Italian vegetable stew that filled our home with the aroma of fresh herbs and slowly simmering garden vegetables. **First**, she would gather whatever was ripe from the garden – zucchini, eggplant, peppers, and tomatoes. **Then**, she would let them cook gently until the flavors melded together into pure comfort.

In this version, I add tender chicken breast for extra heartiness. **However**, the beauty of ciambotta is how adaptable it is. **Whether** you use vegetables from your own garden or pick them up at the market, you'll always end up with a wholesome, flavorful meal. **For even more richness**, you can swap in Italian sausage or combine it with chicken for a complete one-pan Italian dinner everyone will love.

Things to know about this Ciambotta with Chicken – Italian Vegetable Stew

You said: Origin & Tradition

Ciambotta is a classic Southern Italian vegetable stew, especially popular in regions like Campania and Calabria. Traditionally, it's a simple, rustic dish made with seasonal vegetables simmered together to create a comforting, hearty

meal.

Customizable Vegetables

The beauty of Ciambotta lies in its flexibility – you can use whatever fresh vegetables are in season or available. Common ingredients include eggplant, zucchini, bell peppers, tomatoes, potatoes, and onions.

Protein Options: Chicken or Sausage

Chicken adds a mild, tender protein that soaks up the flavors beautifully, while Italian sausage brings a richer, spiced, and heartier element to the stew. You can choose either, or combine both for extra depth.

Flavor Profile

This stew is seasoned with garlic and fresh herbs like basil and oregano, sometimes with a splash of red wine or vinegar for added depth. Olive oil and ripe tomatoes give it a rich, savory base.

Cooking Method

Everything is simmered slowly, allowing the flavors to meld. The chicken or sausage can be browned first for extra flavor or cooked directly in the stew.

Serving Suggestions

Ciambotta with chicken or sausage can be enjoyed on its own as a hearty main dish or served alongside crusty bread or creamy polenta to soak up the delicious sauce.

Healthy & Comforting

This nutritious dish is packed with vegetables and protein, perfect for a cozy family meal.

Personal Touch

Many families, like my mother's, have their own twist on Ciambotta – the choice of vegetables, herbs, or protein makes it special and personal every time.

If you love this Ciambotta with Chicken – Italian Vegetable Stew, try these other fresh and flavorful summer sides:

Grilled Peach Caprese Salad

Juicy peaches, summer tomatoes, fresh mozzarella, and basil drizzled with simple balsamic.

Crispy Cauliflower Bites

Crunchy, savory veggie bites that everyone will love.



Serving Size:

Serves 4 generous portions

Cook Time:

Prep time: 15 minutes

Cook time: 35 minutes

Total time: 50 minutes

Ingredients

- 2 boneless, skinless chicken breasts (about 1 lb), cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 bell pepper, diced
- 1 medium eggplant (about 1 lb), diced

- 2 medium zucchini (about 12 oz), diced
- 2 medium potatoes (about 10 oz), diced
- 2 cups chopped tomatoes (*or 1 can/14 oz diced tomatoes*)
- 1 cup chicken broth
- 1/2 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon crushed red pepper flakes (*optional*)
- salt and pepper to taste
- Fresh parsley or basil, chopped, for garnish

Instructions

1. **Prep the chicken:** Season chicken breast pieces with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
2. **Brown the chicken:** Heat 1 tablespoon of olive oil in a large Dutch oven or heavy pot over medium-high heat. Add the chicken and cook for 4–5 minutes, until lightly golden but not fully cooked through. Remove and set aside.
3. **Sauté aromatics:** Add the remaining tablespoon of olive oil to the pot. Stir in the onion and cook for 3 minutes until softened. Add garlic and cook for 30 seconds until fragrant.
4. deglaze the pan with the red wine waiting until fully absorbed before proceeding
5. **Add vegetables:** Stir in the bell peppers, eggplant, zucchini, and potatoes. Cook for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.

6. **Build the stew:** Add the cherry tomatoes (or canned tomatoes), chicken broth, oregano, basil, crushed red pepper flakes (if using), and remaining salt and pepper. Stir well, scraping up any browned bits from the bottom.
7. **Simmer:** Return the chicken to the pot. Bring to a gentle simmer, cover, and cook for 20–25 minutes, stirring occasionally, until the vegetables are tender and the chicken is cooked through.
8. **Finish & serve:** Taste and adjust seasoning if needed. Garnish with fresh parsley or basil. Serve hot with crusty bread to soak up the flavorful sauce