

Southwest Chicken & Sweet Potato Stew



This hearty stew is a low-calorie and filling option for lunch or dinner, especially when paired with a side salad. It can also be easily modified with different spices, vegetables, and beans!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

4 tsp	Olive Oil, <u>divided</u>	1 lb.	Sweet Potato, peeled, medium dice or Frozen Diced Sweet Potato
1 lb	Chicken Breast, diced into 1" cubes	4 cups	Chicken or Vegetable Stock, no salt added
1 medium	Onion, medium dice	1 (15oz) can	Tomatoes, diced, low sodium
1 each	Red Bell Pepper, medium dice	1 cup	Kale, ribs removed, large chop
3 each	Garlic Cloves, minced	1 (15oz) can	Kidney Beans, drained and rinsed
1 Tbsp	Tomato Paste	1 cup	Corn, frozen
1 Tbsp	Chili Powder	½ cup	Cilantro, fresh, chopped
1 tsp	Cumin, ground	1 each	Lime, cut into wedges
1 tsp	Oregano, dried		
¼ tsp	Cinnamon, ground		
¼ tsp	Red Pepper Flakes		
1 tsp	Kosher Salt		

DIRECTIONS

1. Gather all ingredients and equipment.
2. Heat a large saucepot over medium-high heat. Once hot, add 2 tsp of olive oil. Once oil is hot, add the cubed chicken breast. Cook until browned on all sides, turning as needed, about 3-4 minutes.
3. Once chicken is cooked thoroughly, remove it from the pot and set aside. Add the remaining 2 tsp of olive oil and the onion. Cook on medium heat until onion is translucent and softened, about 2 minutes. Add the bell pepper and cook until the peppers soften, about 2 minutes. Add the garlic and cook for about 30 more seconds, until fragrant.
4. Add the tomato paste, spices, and salt to the pot, stirring well to combine. Cook for about 1 minute, allowing the tomato paste and spices to toast a little.

- Add the sweet potato, stock, and diced tomatoes (with their juices). Turn to medium-high heat and bring the stew to a boil. Once boiling, reduce the heat to medium-low, cover, and let simmer for about 10 minutes. Stir occasionally to prevent sticking.
- Add the kale to the stew. Cook for another 5 minutes on medium low, covered, until potatoes are cooked through.
- Add the kidney beans, corn, and cooked chicken breast. Cook for a few more minutes to allow everything to heat through. Remove from the heat and top each 1 ½ cup serving with cilantro and serve with a lime wedge.

Nutrition Facts	
8 servings per container	
Serving Size	1.5 cups (407 g)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	14%
Sodium 480mg	21%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	27%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 22g	43%
Vitamin D 0.01mcg	0%
Calcium 80mg	6%
Iron 2mg	12%
Potassium 900mg	19%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from *Health meets Food: Chicken and Sweet Potato Stew* (8/6/18)

