

# 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	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	45 MIN

## INGREDIENTS

4 tsp, divided	Olive Oil	1 lb.	Sweet Potato, peeled, medium dice or Frozen Diced Sweet Potato
1 lb	Chicken Breast, diced into 1" cubes		
1 medium	Onion, medium dice	4 cups	Chicken or Vegetable Stock, no salt added
1 each	Red Bell Pepper, medium dice	1 (15oz) can	Tomatoes, diced, low sodium
3 each	Garlic Cloves, minced	1 cup	Kale, ribs removed, large chop
1 Tbsp	Tomato Paste	1 (15oz) can	Kidney Beans, drained and rinsed
1 Tbsp	Chili Powder	1 cup	Corn, frozen
1 tsp	Cumin, ground	½ cup	Cilantro, fresh, chopped
1 tsp	Oregano, dried	1 each	Lime, cut into wedges
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.
5. 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.
6. 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.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1.5 cups (372g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.1mg	10%
Potassium 810mg	15%
* 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.	

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

