

Chicken and Vegetable Stew

Recipe adapted from barefootcontessa.com

Ingredients

- ½ onion, chopped
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 1 large sweet potato chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 medium size zucchini, chopped
- 1 teaspoon sea salt
- 2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon cayenne
- 1- 28 oz can diced tomatoes
- 8 oz chicken broth
- 3 boneless chicken breasts
- 1 cup or more shredded cheddar cheese
- Tortilla chips and avocado if desired

Directions

1. Heat olive oil in large sauce pan. Saute onion and garlic till soft.
2. Add the sweet potato pieces and saute for about 5-7 minutes.
3. Add the peppers and zucchini and saute for another 5-7 minutes.
4. Stir in salt, curry powder, cumin and cayenne.
5. Crush tomatoes by hand or in a blender to puree. Add to vegetables.
6. Add chicken broth.
7. Bring to boil, then cover, reduce heat and simmer for about 30 minutes.
8. Poach chicken in a skillet with water just covering the chicken. Simmer till chicken is cooked through; about 10-15 minutes. Drain and let cool.
9. Cut, tear or shred chicken (depending on how you like the pieces in your bowl!).
10. Add to stew and simmer till warm through
11. Serve with shredded cheddar, tortilla chips, avocado or toppings of your choice

Mary-Beth says: *“Is this a soup, stew or chili? Whatever you decided to call it, it is hearty and packed with nutrients. Serve with a leafy green salad for a complete meal.”*