

Southwestern Chicken Stew

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Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 4 hours 20 minutes

3 pounds bone-in skinless chicken thighs

2 teaspoons cumin, divided

1 teaspoon salt, divided

1/4 teaspoon black pepper, divided

2 tablespoons olive oil

1 teaspoon smoked paprika

1 cup chicken broth

1/2 cup salsa

2 teaspoons garlic, minced

6 medium sweet potatoes, peeled and cut into chunks

2 cans (15 oz) black beans, rinsed and drained

1/2 (12 oz) jar roasted red bell peppers, cut into thin strips

1/2 cup cilantro, chopped

tortilla chips, rice and lime wedges (for garnish)

Sprinkle the chicken with one teaspoon of the cumin, 1/2 teaspoon of the salt and 1/8 teaspoon of the black pepper.

In a skillet, brown the chicken in oil for about 10 minutes. Remove the chicken to a platter.

In a small bowl, stir together the paprika, broth, salsa, garlic, remaining cumin, remaining salt and the remaining pepper.

Line a large slow cooker with the sweet potatoes.

Place the chicken on top of the potatoes.

Cover with the beans and top with the broth mixture.

Cover and cook for 4 hours on HIGH or 8 hours on LOW.

Stir in the bell peppers.

Place the chicken on a platter and spoon the potatoes and sauce over it.

Sprinkle with the cilantro.

Add the garnishes.

Per Serving (excluding unknown items): 315 Calories; 5g Fat (13.3% calories from fat); 13g Protein; 56g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 452mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.