

Santa Fe Stew

4 servings

What you need:

2 medium sweet potatoes*, peeled & cut into 1-inch chunks
1 red or green bell pepper, cut into 1-inch chunks
1 medium red onion, cut into 1-inch chunks
1 (14 oz) can 'reduced sodium' chicken broth
1 cup water
1-2 jalapeño peppers, halved & seeded (optional)
2 - 3 tsp chili powder, ½ tsp ground cumin & ¼ tsp black pepper (or 2 – 3 tsp Mrs. Dash 'Extra Spicy' salt-free Seasoning Blend)
2 cups cooked diced chicken** or 1 (10 oz) can chunk breast of chicken, drained
1 (15 oz) can black beans, rinsed & drained
½ cup fresh cilantro or parsley, chopped (optional)

All you do:

1. In a large pot combine sweet potato, bell pepper, onion, broth, water, jalapeño, & spices. Bring mixture to a boil over high heat; cover, reduce heat and simmer until sweet potatoes are tender, about 20 - 25 minutes.
2. Stir in chicken and beans; warm over medium heat until heated through (about 5 minutes). Remove jalapeños before serving. Sprinkle with cilantro or parsley.

Nutrition information, per serving:

300 calories, 6g total fat, 1.5g saturated fat, 60mg cholesterol, 615mg sodium, 37g carbohydrate, 9g dietary fiber, 28g protein