



## Chicken and Sweet Potato Stew

This is a great soup to heat up the next day for a healthy and filling lunch! Pair with a side salad.

<u>U.S.</u>		<u>Metric</u>
4 tsp	Olive Oil, divided	20 mL
1 lb	Chicken Breast, diced into 1" cubes	455 g
1 medium	Onion, medium dice	110 g
3 each	Garlic Cloves, minced	3 each
1 cup	Kale, ribs removed, large chop	67 g
1 lb	Sweet Potato, peeled, medium diced	110 g
1 each	Red Bell Pepper, medium diced	119 g
1 (15 oz) can	Tomatoes, diced, low sodium	423.75g (1 can)
1 Tbsp	Tomato Paste	14 g
4 cups	Chicken or Vegetable Stock, no salt added	946 mL
1 Tbsp	Chili Powder	9.0 g
1 tsp	Cumin, ground	3.0 g
1 tsp	Oregano, dried	1.0 g
1/4 tsp	Cinnamon, ground	0.75 g
1/4 tsp	Red pepper flakes	0.25 g
1 tsp	Salt	3.0 g
1 can (15 oz)	Kidney Beans, drained and rinsed	423.75 g
1 cup	Corn, frozen	113 g
1/2 cup	Cilantro, fresh, chopped	30 g
1 each	Lime, cut into wedges	1 each

### Preparation:

1. Gather all ingredients and equipment.
2. Heat up a large saucepot on medium-high heat. Once warm, add 2 tsp of olive oil.
3. Once heated add cubed chicken breast.
4. Once chicken is cooked thoroughly, remove from pot and set aside until later. Add the rest of the olive oil (2 tsp), minced garlic and onion. Cook on medium heat until onion is translucent and softened. Stir often to ensure garlic does not brown.
5. Add kale, sweet potato, bell pepper, tomatoes, tomato paste and stock.
6. Season with chili powder, cumin, oregano, cinnamon, red pepper flakes, and salt. Turn to medium-high heat and bring to a boil.
7. Reduce heat to medium-low, cover, and let simmer until potatoes are tender, about 20 minutes. Stir occasionally to prevent sticking.
8. Once potatoes are done, stir in kidney beans, corn, and chicken breast. Cook for a couple more minutes. Remove from heat.
9. Top with cilantro and serve with lime wedges.

**\*\*Nutrition Facts on Reverse**

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**Serving size**                   **1.5 cups**  
**Servings**                       **8**

**Calories**                       240  
Calories from Fat           40

Total Fat                       4 g  
Saturated Fat                0.5 g  
Trans Fat                       0 g  
Monounsaturated Fat       2 g  
Cholesterol                  35 mg  
Sodium                         380 mg  
Carbohydrates               32 g  
Dietary Fiber                8 g  
Sugars                         8 g  
Protein                        18 g

Vitamin A                     210 %  
Calcium                       8 %  
Vitamin C                     70 %  
Iron                            10 %  
Phosphorus                  184 mg