



Chicken and Sweet Potato Stew (IBD)

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 each	Red Bell Pepper, medium diced	119 g
1 lb	Sweet Potato, peeled, medium diced	110 g
1/2 each	Zucchini, diced	200 g
1 (15 oz) can	Tomatoes, diced, low sodium	1 (425 g) can
1 Tbsp	Tomato Paste	14 g
4 cups	Chicken or Vegetable Stock, no salt added	945 mL
1 Tbsp	Chili Powder	9 g
1 tsp	Cumin, ground	3 g
1 tsp	Oregano, dried	1 g
1/4 tsp	Cinnamon, ground	0.75 g
3/4 tsp	Salt	2.25 g
2 cup	Spinach, stems removed	60 g
1/2 cup	Cilantro, fresh, chopped	30 g

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. Add diced chicken, brown on each side (3-5 minutes).
4. When chicken is cooked thoroughly, remove from pot and set aside. Add the remaining 2 tsp of olive oil and saute red bell pepper until soft, 3-5 minutes.
5. Add sweet potato, zucchini, tomatoes, tomato paste and stock.
6. Season with chili powder, cumin, oregano, cinnamon 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 fork tender, add the spinach and chicken. Cook for 2 minutes to wilt spinach. Remove from heat.
9. Top with cilantro and serve.

**** Nutrition Facts on Reverse**

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Nutrition Facts

6 Servings

Serving size 1 1/2 cups

Amount per serving

Calories 230

Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	55 mg
Sodium	690 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	9 g
Includes 0g Added Sugars	
Protein	20 g
Vitamin D	0 %
Calcium	6 %
Iron	7 %
Potassium	900 mg
Phosphorus	220 mg

7/22/20