



CROCK POT MEXICAN STEW

MAKES 6 SERVINGS

INGREDIENTS

- 1 LB ORGANIC CHICKEN BREAST
- 1 CUP FROZEN ORGANIC CORN
- 1 CUP FROZEN ROASTED PEPPERS AND ONIONS
- 1 CAN BLACK BEANS (CUBAN-STYLE, IF AVAILABLE)
- 14OZ CAN DICED ORGANIC TOMATOES, WITH JUICE
- 1 LARGE ORGANIC SWEET POTATO, CUBED
- 1/2 MEDIUM ONION, SLICED
- 5-6 CLOVES GARLIC, CHOPPED
- 1/2 CUP ORGANIC CHICKEN STOCK
- 1 JALAPENO, OPTIONAL

Created By Jessica Smosna, RD, LD



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METHOD

COMBINE ALL INGREDIENTS (WE RECOMMEND PLACING THE MEAT ON THE BOTTOM) IN CROCK POT AND COOK ON LOW FOR 6 HOURS. REMOVE LID. USE TWO FORKS TO PULL APART EACH CHICKEN BREAST. REPLACE COVER AND ALLOW TO SIT 30 MINUTES BEFORE SERVING. TOP WITH SLICED AVOCADO, CILANTRO, AND/OR FRESH SQUEEZED LIME JUICE, IF DESIRED.