



## Chicken and Sweet Potato Stew

**Yield: 5 servings**

### Ingredients

2 teaspoons extra virgin olive oil	1 tablespoon chili powder
1 pound chicken breast, diced in 1 inch cubes	1 teaspoon ground cumin
15 ounces canned, diced tomatoes	1 teaspoon dried oregano
4 cups chicken or vegetable stock	¼ teaspoon ground cinnamon
1 pound sweet potato, diced	¾ teaspoon Kosher salt
1 red bell pepper, diced	⅛ teaspoon red pepper flakes (optional)
1 cup chopped green beans	2 cups chopped spinach
1 cup chopped zucchini	½ cup chopped fresh cilantro
1 tablespoon tomato paste	

### Instructions

1. Heat up a large saucepan on medium-high heat. Once warm, add 2 teaspoons olive oil.
2. Add diced chicken, brown on each side, about 3 to 5 minutes.
3. When chicken is cooked thoroughly, remove from pan and set aside.
4. Add to the saucepan: tomatoes, stock, sweet potatoes, red bell pepper, green beans, zucchini, tomato paste, chili powder, cumin, oregano, cinnamon, salt and red pepper flakes. Cover and bring to a boil.
5. Reduce heat to medium-low and let simmer until potatoes are tender, about 15 minutes. Stir occasionally.
6. Once potatoes are fork tender, remove the pan from the heat and add the spinach and chicken.
7. Portion into individual servings and top with cilantro.



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### Nutrition Information **Serving Size: 2 cups**

Calories: 254 | Total Fat: 5 g | Saturated Fat: 1 g | Monounsaturated Fat: 2 g | Polyunsaturated Fat: 1 g  
Sodium: 951 mg | Total Carbohydrate: 28 g | Dietary Fiber: 6.6 g | Sugars: 9.5 g | Protein: 25 g

Source: Adapted from Health Meets Food