

Southwest Crockpot Chicken Stew

INGREDIENTS

3 cups potatoes, peeled and cubed
 1 cup celery, sliced
 1 cup carrots, peeled and chopped
 1 onion, chopped
 1 (10 oz.) package frozen sweet corn
 2 cloves garlic, minced
 1 jar salsa (12 oz.)
 1½ tsp. ground cumin
 1 tsp. chili powder
 ½ tsp. black pepper
 1 skinless, boneless chicken breast, halved (1 lb.)
 4 skinless, boneless chicken thighs (about 10 oz.)
 2-3 cups reduced sodium chicken broth
 4 fresh corn tortillas

DIRECTIONS

1. Place potatoes, corn, celery, carrots, onion, garlic, salsa, salt, cumin, chili powder and pepper in slow cooker. Stir to combine.
2. Distribute chicken over mixture then pour chicken broth on top.
3. Cook on high for 4 hours, covered.
4. Remove cooked chicken and shred into bite-size chunks with a fork; mix back into slow cooker.
5. Cut tortillas into strips and either put them in slow cooker during the last hour of cooking or dry sauté the strips until crispy and top stew upon serving.

NUTRITION FACTS

6 servings

Calories: 403

Fat: 5 g

Sodium: 643 mg

Total Carbohydrate: 56 g

Dietary fiber: 4 g

Protein: 35 g

SHORTCUT PREP

TO PREPARE ON A STOVE: heat 1 Tbsp. of oil in pot and saute onion, celery, garlic, and corn for about 5 minutes. Add potatoes, carrots, salsa, broth, spices, and chicken. Bring mixture to a boil. Reduce heat, cover, and simmer for 15-20 minutes.

Red Lentil Soup

INGREDIENTS

3 Tbsp. olive oil
 1 large onion, diced
 3 garlic cloves, minced
 2 Tbsp. tomato paste
 ¼ tsp. ground cumin (or less if desired)
 ¼ tsp. kosher salt
 ¼ tsp. pepper
 ¼ tsp. chili powder or cayenne pepper, optional
 5 cups chicken broth (low sodium preferred)
 *substitute vegetable broth (or ½ water, ½ broth)
 1 cup of red lentils
 2 medium carrots, peeled and diced
 2 Tbsp. lemon juice, more to taste
 Chopped fresh cilantro, optional
 Plain yogurt, optional

DIRECTIONS

1. Heat olive oil in large pot. Sauté onion, diced carrots, and garlic for 4-5 minutes.
2. Add tomato paste, salt, pepper, cumin and chili powder or cayenne and sauté 2 more minutes.
3. Add broth and lentils and bring up to a boil. Then partially cover pot and turn heat down to low.
4. Simmer until lentils start to fall apart, about 30 minutes.
5. Stir in lemon juice and cilantro, to taste. Serve with a dollop of yogurt if desired.

NUTRITION FACTS 4 large servings

Calories: 296

Total Carbohydrate: 35 g

Fat: 10.25 g

Dietary fiber: 5.6 g

Sodium: 815 mg

Protein: 14 g