

# SOUTHWEST CHICKEN AND COLLARD GREENS STEW

## Ingredients:

1 1/3 cup of diced yellow onion  
4 cups low-sodium vegetable  
broth, divided

1 lb nature's greens collard  
greens, finely chopped

1 1/3 cup red bell pepper,  
diced

8 teaspoon garlic, minced

1/2 cup fresh cilantro, chopped

1/2 teaspoon cayenne pepper

1/2 teaspoon black pepper

1/2 teaspoon sea salt

1 1/3 cup grape tomatoes,  
sliced in half

12 ounces boneless, skinless chicken  
breast, cooked and diced

2 cups of fresh or frozen corn, thawed

1 ripe Hass avocado, diced



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## Directions:

In a small saucepan over medium heat, saute onion in one quarter of the broth until translucent. Add remaining broth, collard greens, and bell pepper, and stir continuously for another 8-10 minutes. Stir in garlic, cilantro, cayenne pepper, black pepper, sea salt, and tomatoes. Quickly bring to a boil, then reduce to a simmer and stir occasionally for 30 minutes. Stir in chicken breast and corn to heat through, and just before serving, garnish each bowl with one quarter of the avocado.

Serves 4

