

SOUTHWEST CHICKEN AND COLLARD GREENS STEW

Ingredients

- 1 ½ cup of diced yellow onion
- 4 cups low-sodium vegetable broth, divided
- 1 lb nature's greens collard greens, finely chopped
- 1 ½ cup red bell pepper, diced
- 8 teaspoon garlic, minced
- ½ cup fresh cilantro, chopped
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 1 ⅓ 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



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