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 ½ 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