

MEXICAN-INSPIRED CHICKEN STEW

INGREDIENTS

Olive oil
1 onion, roughly chopped
1 red pepper, roughly chopped
1 yellow pepper, roughly chopped
6 cloves of garlic, finely minced
1 jalapeño, seeds removed, finely minced
2 tablespoon dried oregano
2 teaspoon dried cumin
1 28 ounce can of diced tomatoes with juices
Several dashes Worcestershire sauce
2 cups low sodium chicken stock
1 cup cooked (canned) black beans
3 cups shredded rotisserie chicken
kosher salt to taste
fresh ground pepper to taste
Fresh cilantro

Garnishes (as desired)

1 lime
1 large, semi-firm avocado, cut into pieces
sour cream
monterey-jack cheese
Fresh cilantro

Serve: as is, with tortilla chips or over rice

DIRECTIONS

In a large, heavy pot, heat up about 4-5 tablespoon olive oil. Sauté onions and peppers just until soft and translucent. Add garlic and jalapeño and sauté for 30 second more before adding oregano and cumin and cook another minute. Add tomatoes with juices, Worcestershire, and chicken stock. Bring to a boil, and immediately lower to a simmer. Cover and simmer for 15 minutes. Add black beans and shredded, cooked chicken. Bring back to simmer for 5 more minutes. Season with kosher salt and fresh black pepper, to taste. Can be served as is, with tortilla chips or over rice.

Just before serving, add your garnishes. Cube the avocado and gently stir into stew. Add sour cream and sprinkle with cheese. Serve warm, garnished with cilantro leaves.