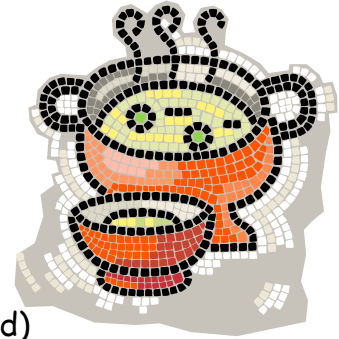


Santa Fe Stew

4 servings

Estimated cost per serving: \$ 1.80

- 2 medium sweet potatoes*, peeled & cut into 1-inch chunks
- 1 red or green bell pepper, cut into 1-inch chunks
- 1 medium red onion, cut into 1-inch chunks
- 1 (14 oz) can 'reduced sodium' chicken broth
- 1 cup water
- 1-2 jalapeño peppers, halved & seeded (optional)
- 2 - 3 tsp chili powder, $\frac{1}{2}$ tsp ground cumin & $\frac{1}{4}$ tsp black pepper
(or 2 - 3 tsp Mrs. Dash 'Extra Spicy' salt-free Seasoning Blend)
- 2 cups cooked diced chicken** or 1 (10 oz) can chunk breast of chicken, drained
- 1 (15 oz) can black beans, rinsed & drained
- $\frac{1}{2}$ cup fresh cilantro or parsley, chopped (optional)



- 1) In a large pot combine sweet potato, bell pepper, onion, broth, water, jalapeño, & spices. Bring mixture to a boil over high heat; cover, reduce heat and simmer until sweet potatoes are tender, about 20 - 25 minutes.
- 2) Stir in chicken and beans; warm over medium heat until heated through (about 5 minutes). Remove jalapeños before serving. Sprinkle with cilantro or parsley.

Nutrition information, per serving: 300 calories, 6g total fat, 1.5g saturated fat, 60mg cholesterol, 615mg sodium, 37g carbohydrate, 9g dietary fiber, 28g protein

Good source of Vitamin C, Vitamin A, Iron, Calcium and Dietary Fiber.

Pyramid servings: 3 oz lean meat/beans, 2 vegetable

* *These are **not** your grandma's canned yams . . .* In grocery stores in the U.S., fresh orange-fleshed **sweet potatoes** are often incorrectly labeled as 'yams'. These extremely nutritious, moist & sweet-tasting root vegetables may be cooked just like traditional white potatoes - by baking, microwaving, boiling or roasting. Choose sweet potatoes that are firm and do not have cracks or bruises; store them in a cool, dark place (not in the refrigerator). If you are peeling or slicing these potatoes, cook them immediately or keep them covered with water to avoid darkening of the flesh. Sweet potatoes are an **excellent** source of vitamins A and C. Try one - you'll like it!

** Time-saving, cost saving tip: Roast a whole chicken or buy a rotisserie chicken at the grocery store to use in several meals during the week.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD,
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