

# 10 Days of Healthier

## **MEXICAN CHICKEN STEW (vegetarian option)**

Avocado Oil

2 lbs. boneless, skinless chicken thighs or breasts, cut into medium bite size pieces

Kosher salt and freshly ground black pepper, to taste

1 large onion, chopped, large dice

1 large red bell pepper, chopped large

2 teaspoons dried oregano

2 teaspoons ground cumin

1 tablespoon chili powder

4 cloves garlic, chopped

1 (15-oz.) can whole peeled tomatoes in juice, crushed

4 cups chicken stock

1 lb. potatoes, (sweet and regular) peeled, cut into 1/2" cubes (roughly 2 large)

One container, pre-cut butternut squash

Generous handful, chopped cilantro

Juice of 1 large lime, zested and juiced

Heat a coating of oil in a 6-qt. saucepan/soup pot over medium-high heat. Add cut up chicken to skillet in batches. (which means only add enough to cover bottom of pan, no double layer) Season chicken with salt and pepper, and cook, turning once, until browned on both sides. No worries, chicken will continue to cook in the stew. There will be some browning on the bottom of pot, which is good. Transfer chicken to a plate.

Over medium heat, add your onions and pepper, and a coating of oil, if its dry. (medium heat) Season with salt, pepper and your spices (oregano, cumin, chili), after a few minutes, add your garlic. Always being mindful and do not burn garlic. You can cover the pot for a few minutes, this will help the vegetables to sweat. Once the vegetables start to sweat, be sure to scrape the bottom of pot, all that goodness. (you can add a 1/2 cup water to clean bottom of pot if it is not easy to scrape) Add your chicken, back to pot, add your tomatoes, break them up, if necessary, add your broth. Add your potato and squash, bring to a boil. Reduce to a simmer. Once the potatoes and squash are softened, using your potato masher, mash the mixture to create some thickness in the stew.

Add the lime zest, juice, and cilantro taste. Season with salt and pepper to adjust if necessary. Garnish with tortilla chips, avocado and cotija cheese if you want. Or just tortilla chips. SERVES 8-10

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Note – you can add or switch the vegetables, sweet potatoes, other types of squash, fresh corn. You may need to add more water or broth, just be aware.

**VEGETARIAN OPTION – just omit the chicken in the beginning start with the onions and peppers. (or add a protein alternative) You will add more vegetables, additional onions, bell pepper, sweet potato, white potato and squashes. And you can also use Vegetable Broth instead of Chicken Broth.**

**So:**

**2 medium onions**

**2 bell peppers, one green, one red**

**2 lbs squash, potato combination**