



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving	
Calories	196
Fat	3g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	18g

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs, Serve it over brown rice.

More Protein, Serve it over quinoa.

Vegan and Budget-Friendly, Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup, Double up on the broth.

More Green Veggies, Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.