



Nourish Recipe

Enchilada Stew

Servings: 4

Recipe courtesy of
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What you'll need



measuring
spoons



measuring
cups



crockpot



Ingredients

- 2 lbs organic chicken thighs or breasts, boneless, skinless
- 1 yellow onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 jalapeño, seeded and diced
- 4 oz green chiles, chopped (or from can)
- 2 Tbsp coconut oil
- 14 oz fire roasted tomatoes
- 2 Tbsp tomato paste
- 3 cloves garlic, minced
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 2 tsp dried oregano
- 1 tsp sea salt
- 1 tsp pepper
- ½ cup fresh cilantro, chopped
- 1 avocado, pitted and sliced

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If you can't make it to Mexico, bring Mexico to you. This dish is so simple, made mostly from pantry staples and delivers incredible flavor. Delicious served with organic corn tortillas or over a bed of greens. Make ahead tip: This dish stores well in the fridge for 3-4 days, and freezes beautifully.

Instructions

1. Place the chicken (2 lbs) in the crockpot and cover with the rest of the ingredients (except for cilantro and avocado). Cook on low for 8-10 hours or on high for 6-8 hours.
2. After it's done, use tongs or two forks to shred the chicken while still mixed in with the other ingredients (this will allow the chicken to pick up all the great flavor).
3. Taste and season with salt as needed.
4. Top with cilantro (½ cup), add some avocado, and enjoy.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories 748

% Daily Value

Total Fat 36.2g 46%

Saturated Fat 12.9g 65%

Cholesterol 202mg 67%

Sodium 729mg 32%

Total Carbohydrate 37.5g 14%

Dietary Fiber 15.4g 55%

Sugars 18.5g

Protein 72.2g

Vitamin D 0mcg 0%

Calcium 116mg 9%

Iron 4mg 40%

Potassium 918mg 39%