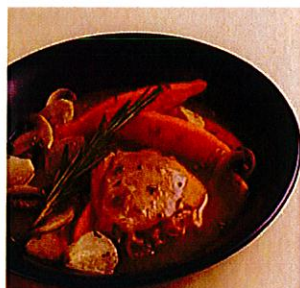


Sweet Potato & Chicken Stew

From EatingWell: [February/March 2006](#)



Active Time: 20 minutes. **Total Time:** 5 hours 20 minutes

Ingredients:

- 6 bone-in chicken thighs, skin removed, trimmed of fat (can use chicken breasts)
- 2 pounds sweet potatoes, peeled and cut into spears
- 1/2 pound white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved (can use onions)
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 tablespoons white-wine vinegar

Preparation

1. Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar. Makes 6 servings.

Tips & Notes

- Put sweet potatoes in later as they can get too soft in 5 hours.
- **Make Ahead Tip:** Cover and refrigerate for up to 3 days or freeze for up to 1 month.

Nutrition

Per serving: 285 calories; 6 g fat (2 g sat , 2 g mono); 50 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 17 g protein; 5 g fiber; 519 mg sodium; 866 mg potassium.

Nutrition Bonus: Vitamin A (430% daily value), Potassium (25% dv), Fiber (20% dv).