

Recipe: Slow Cooker Spicy Chicken Stew

Ingredients:

- 4 large chicken breasts
- 2 cups low sodium organic chicken broth
- 1 cup canned coconut milk
- 2 sweet potatoes, peeled and diced
- 3 cups spinach or kale (or a mix of each), finely chopped
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tsp Thai chili paste
- 2 tsp red curry powder
- sea salt and ground pepper, dash of each

Throw all ingredients except kale/spinach in your slow cooker. Set timer for 8 hours. Add spinach/kale the last hour.