

## Recipe: Spicy Chicken Stew

This weekend I was feeling a bit "blah" and craving some soup. I dug around in my pantry and vegetable drawer today and put together this super simple crockpot creation that is light enough for Spring but hits the spot when you're craving comfort food. Enjoy!

### Ingredients:

- 4-6 Chicken Breasts
- 2-3 cups Low Sodium Chicken Broth
- 1-2 cans of Low Sodium Diced Tomatoes (fresh will also work)
- 1 finely chopped jalapeno (I pureed mine in the vitamix and added a bit of water)
- 2 cups fresh mushrooms
- 1 small jar diced roasted red peppers
- 3 cloves garlic
- 1/2 cup chopped onion (frozen is also fine)
- 1/2 cup chopped green pepper (again frozen is even easier)
- Mrs. Dash Extra Spicy ( I used about 2 tbsp but I like things a little spicy)
- 1 tsp. Paprika
- 2 tsp. Chili Powder
- 1 Tbsp. Mrs. Dash Chile Lime

Place chicken in bottom of crockpot.

Add liquid ingredients then the rest of your veggies and spices.

Cook on low for 8 hours until chicken is thoroughly cooked.

Enjoy!