

Slow-Cooked Latin Chicken with Black Beans and Sweet Potatoes

3 lb bone-in, skinless chicken thighs
2 tsp ground cumin, divided
1 tsp paprika
½ tsp ground allspice
1 cup chicken broth
½ cup salsa
1½ tsp minced jarred garlic
2 (15 oz) cans black beans (rinsed and drained)
2 lb sweet potatoes (peeled and cut into 3-inch
chunks)
1 cup jarred roasted red pepper (cut into strips)
1/3 cup loosely packed fresh cilantro leaves, chopped
Lime wedges

Nutrient Value (per serving)

Calories: 415 Carbohydrate: 61 g
Protein: 31 g Saturated Fat: 0 g
Fiber: 12 g

Serves 6

1. Heat 12-inch nonstick skillet over medium-high heat until hot. Add chicken thighs. Sprinkle with ½ tsp ground cumin. Cook until well browned on all sides, about 10 minutes. Transfer chicken to plate. Remove skillet from heat.
2. In same skillet, combine remaining 1 ½ tsp cumin, paprika, allspice, chicken broth, salsa, and garlic.
3. In 6-quart slow cooker, combine beans and sweet potatoes. Place chicken on top of potato mixture in slow cooker; pour broth mixture over chicken. Cover slow cooker with lid and cook on low 8 hours or on high 4 hours.
4. With tongs or slotted spoon, remove chicken pieces to large platter. Gently stir roasted red pepper strips into potato mixture. Spoon mixture over chicken. Sprinkle with cilantro and serve with lime wedges.

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