

# A Sutherland Belle

## Mexican Chicken Stew with Creamy Avocado Sauce

### INGREDIENTS

#### *For the Chicken*

- 1 1/2 pound skinless, boneless chicken breasts or cutlets
- 1 teaspoon EACH: onion powder, kosher salt, and fresh cracked pepper
- 3 tablespoons olive oil

#### *For the Soup*

- 1 large white onion, diced
- 4 cloves garlic, minced
- 1 jalapeño, seeded and minced (optional)
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon kosher salt
- 1 (14-ounce) can fire-roasted diced tomatoes
- 2 pounds Yukon gold potatoes, peeled and diced
- 6 cups chicken stock
- 2 bay leaves
- 1/2 cup salsa Verde
- 1 (15.5-ounce) can pinto beans, drained and rinsed
- juice of one lime

#### *For the Sauce*

- 2 ripe avocados
- 1 cup cilantro (packed)
- 1/2 chicken or vegetable stock
- 1 medium chopped white onion
- 2 cloves garlic
- juice from 1-2 limes
- 1 seeded jalapeño (use half for less spicy sauce)
- 1 teaspoon kosher salt
- tortilla chips for dipping

### INSTRUCTIONS

#### *For the Soup*

1. Heat olive oil in a large Dutch oven or pot over medium-high heat. Add chicken breasts seasoned with onion powder, salt, and pepper to the pan. Cook 5-7 minutes on each side or until the chicken is almost done. Remove and shred into bite-sized pieces.
2. Add chopped onion to the pan with additional oil if needed. Saute for 4 minutes or until the onions are softened. Add jalapeno (*if using*) and garlic and saute for 2 minutes.
3. Add salt, oregano, cumin, and coriander to the vegetables, combining well. Add tomatoes, potatoes, shredded chicken, chicken stock, and bay leaves to pot. Bring to a simmer and cover. Cook for 10-12 minutes or until potatoes are almost done. *Do not overcook*. Remove bay leaves.
4. Add salsa Verde and pinto beans. Cook for 3-5 minutes or until potatoes are fork-tender. Stir in lime juice just before serving.
5. Serve with avocado sauce, tortilla chips, fresh cilantro, and limes.

#### *For the Sauce*

Add all ingredients to a blender or food processor. Blend on high until smooth. If the mixture is too thick, add more stock, 1 tablespoon at a time. Taste and add more lime and salt if desired.