



SOUTHWESTERN SWEET POTATO STEW

This hearty Southwestern-inspired stew may take a while in your slow cooker, but it's so worth it! Full of sweet potatoes, black beans, and hominy, it will satisfy your taste buds and keep you full for hours.

🕒 15 minutes
🕒 10 hours and 15 minutes
🥄 8 cups

INGREDIENTS

- 2 cups lower-sodium vegetable broth
- 2 cups water
- 1 ½ pounds sweet potatoes, peeled, and cut into 2-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 2 cloves garlic, minced
- 1 ½ teaspoons dried oregano, crushed
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 (15 ounce) can golden hominy, rinsed and drained
- 1 (15 ounce) can no-salt-added black beans, rinsed and drained
- 1 poblano chile pepper, roasted (see Tip), seeds removed, and cut into thin strips (see Tip)
- ¼ cup Chopped fresh cilantro

COOKING METHOD

- 1° Combine vegetable broth, the water, sweet potatoes, onion, garlic, oregano, chili powder, cumin, and salt in a 3 1/2- or 4-quart slow cooker (see Tip). Stir in hominy, beans, and poblano pepper.
- 2° Cover and cook on Low for 10 to 12 hours.
- 3° Use a potato masher to coarsely mash the sweet potatoes. Sprinkle individual servings with cilantro. Serve with lime wedges.
- 4° Tips: To roast a poblano chile pepper, preheat oven to 425 degrees F. Cut the pepper in half lengthwise; remove stem, seeds, and membranes. Place pepper halves, cut sides down, on a foil-lined baking sheet. Bake for 15 to 20 minutes or until the pepper is charred and very tender. Bring foil up around pepper and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle. Use a sharp knife to loosen edges of the skin; gently pull off the skin in strips and discard.
- 5° Serving Size: 1 1/3 Cups

NUTRITIONAL INFORMATION

	PER 100 g	PER CUP (361 g)	% DRI
ENERGY	54 kcal	196 kcal	10 %
PROTEIN	2 g	9 g	17 %
CARBOHYDRATE	11 g	39 g	15 %
SUGARS	1 g	4 g	4 %
FAT	0 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
FIBER	3 g	11 g	45 %
SODIUM	132 mg	476 mg	20 %