**Chicken and Sweet Potato Stew**

Ingredients:
32 oz. chicken or vegetable stock
1lb chicken tenders, cut into small pieces
1 medium onion, diced
¾ head of cabbage, shredded
2-3 sweet potatoes, cut into 1” cubes
2-3 medium garlic cloves, minced
2 teaspoons canola oil
Salt and pepper

Season chicken pieces with salt and pepper. Heat oil in large Dutch oven on medium-high heat. Add chicken pieces carefully, stirring to coat in oil. Cook chicken approximately 6-7 minutes, stirring occasionally so as not to burn.  Remove chicken and place in a bowl.

Add onion, cabbage, and garlic (and tiny bit more oil if needed) and sauté for approximately 8 minutes, stirring frequently. Add chicken, broth and sweet potatoes to pot and cover. Add additional water if desired. Cook on medium-low for approximately 20-25 minutes.