**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.