

Low-Point Chicken and Chorizo Stew

Ingredients:

- 2 cups fat-free, lower-sodium chicken broth
- 2 cups water
- 2 cups fresh parsley (remove long stems but you don't have to chop up)
- 3 garlic cloves (left whole)
- 1 onion, quartered
- 1 cup chopped carrots
- 2, 6 oz. skinless, boneless chicken breasts
- 2 Tbs "I Can't Believe It's Not Butter"
- 2 links of Hot Mexican Chorizo, (about 6 ounces)
- 3 cups cubed red potatoes
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 Tbs minced garlic
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 2 Tbs flour
- 2 Tbs fresh parsley, chopped

In a large saucepan or stock pot, combine the first 6 ingredients over medium-high heat. Add chicken breasts and bring to a boil. Reduce heat, cover and let cook for about 15 minutes or until chicken is cooked through. Meanwhile, remove casing from chorizo and set aside. In a large bowl, add potatoes, onion, red pepper, garlic, cumin, and salt. Set aside. Remove chicken from saucepan and let cool. Strain cooking liquid through a fine sieve over a bowl; discarding solids except for the carrots. Wipe saucepan with a paper towel, return to heat and add butter and chorizo. Sauté for 2 to 3 minutes, chopping the chorizo into pieces. Add the bowl of potatoes and onion mixture to the chorizo and sauté for 8 minutes. Return cooking liquid (broth) and carrots to the saucepan and let cook for about 15 minutes until the potatoes are tender. Add shredded chicken and cook for 5 more minutes. (If the stew looks more like a soup, remove about 2 cups of the liquid broth. Add 2 Tbs flour to a jar with a lid, add a little water and shake vigorously. Stir flour mixture into saucepan to thicken the liquid. Ladle stew into bowls and enjoy!

Total servings - 7 cups

Serving size - 1 cup

Points per serving - 3.3; Points plus per serving - 3.7

"Never take anyone's feelings for granted. You never know what courage it took to show them to you." - Anonymous