



CHIPOTLE BLACK BEAN, CORN & CHICKEN STEW

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 2x 400g cans black beans, drained
- 250g frozen sweetcorn
- 1x 400g finely chopped tinned tomatoes
- 1 large red onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 2 teaspoons of chipotle powder
- Juice of 1 lime
- Handful of fresh coriander, chopped to serve
- Live yoghurt or soured cream to serve
- Olive oil
- Salt to taste
- Brown rice or quinoa to serve.

METHOD

1. Place a large skillet pan over a medium heat and add a drizzle of olive oil. Once warm, add the salt, onion and garlic and cook for 5-10 minutes until soft.
2. Add the smoked paprika and cumin, cook for 2 minutes.
3. Add the chicken and brown for 4-5 minutes.
4. Now add the tinned tomatoes, tomato puree, black beans, corn, and lime juice and bring to the boil, before reducing the temperature and leaving to simmer until chicken is cooked through.
5. Plate and serve with brown rice or quinoa.
6. Sprinkle with fresh coriander and serve with yoghurt or soured cream.

COOK TIME

- 30-40minutes

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