



# Stewed Chicken

## Ingredients:

- 2 tbsp tomato paste
- 16 oz. chicken tenderloins, whole or cubed
- 2 tsp. vegetable oil
- ½ cup chopped asparagus
- ½ cup mushrooms
- ½ cup bell peppers, chopped
- ½ cup zucchini, halved and sliced
- 2 cloves garlic, chopped
- 2 cups diced tomatoes (no sugar), drained

## Directions:

1. Spread tomato paste evenly over chicken.
2. Heat oil in large deep nonstick skillet over medium-high heat and cook chicken, turning occasionally, until browned, about 4 minutes.
3. Remove and set aside.
4. Cook veggies in same skillet, stirring occasionally, until golden, about 5 minutes.
5. Stir in garlic and cook, stirring until fragrant, about 30 seconds. Stir in tomatoes and immerse chicken in skillet. Bring to a boil over medium-high heat.
6. Reduce heat to medium-low and simmer covered until chicken is thoroughly cooked, about 30 minutes.
7. Served, if desired, with hot, cooked cauliflower rice.
8. TIP: Garnish, if desired, with chopped cilantro.

Servings: makes 2 servings.

Each serving = 1 protein product, 8 oz. lean protein, 1 cup select vegetables, 1 cup occasional vegetables, 1 tsp healthy fat.

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