

## Chicken and Sweet Potato Stew

### Ingredients:

6 bone-in chicken thighs, skin removed, trimmed of fat

2 pounds sweet potatoes, peeled and cut into spears

1/2 pound white button mushrooms, thinly sliced

6 large shallots, peeled and halved

4 cloves garlic, peeled

1 cup dry white wine

2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed

1 teaspoon salt

1/2 teaspoon freshly ground pepper

1 1/2 tablespoons white-wine vinegar

### Preparation

Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

6 servings @ 5 points, 6 points plus

Nutrition Per serving: 285 calories; 6 g fat ( 2 g sat , 2 g mono ); 50 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 17 g protein; 5 g fiber;

