

Slow-Cooker Latin Chicken with Black Beans and Sweet Potatoes

From – www.delish.com

3 lbs bone-in skinless chicken thighs
2 tsp ground cumin
salt & pepper
1 tsp smoked paprika (or ½ tsp chopped chipotle chiles in adobo sauce)
½ tsp ground allspice
1 cup chicken broth
½ cup salsa
3 large cloves garlic (crushed with press)
2 cans (15 to 19 oz each) black beans, rinsed and drained
2 lbs sweet potatoes, peeled and cut into 2” chunks
1 jarred roasted red pepper, cut into strips (1 cup)
1/3 cup loosely packed fresh cilantro leaves, chopped
lime wedges

- Sprinkle chicken thighs with ½ tsp ground cumin, ¼ tsp salt and ¼ tsp ground black pepper.
- Heat 12” nonstick skillet over medium-high heat until hot.
- Add chicken thighs and cook until well browned on all sides, about 10 minutes.
- Transfer chicken to plate. Remove skillet from heat.
- In same skillet, combine smoked paprika, allspice, chicken broth, salsa, garlic and remaining 1½ tsp cumin.
- In a 6-st slow cooker, combine beans and sweet potatoes.
- Place chicken on top of potato mixture.
- Pour broth mixture over chicken.
- Cover slow cooker with lid and cook as manufacturer directs, low 8 hours or high 4 hours.
- With tongs or slotted spoon, remove chicken pieces to large platter.
- Gently stir roasted red pepper strips into potato mixture.
- Spoon mixture over chicken.
- Sprinkle with cilantro and serve with lime wedges.



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