

## **CHICKEN SWEET POTATO STEW**

1 lb boneless, skinless chicken breasts, cut into 1-in. cubes  
2 slices bacon  
1 Tbsp butter  
olive oil  
1 large onion, diced  
1/2 tsp dried thyme  
1/2 tsp dried sage  
1 bay leaf  
4 cloves garlic, minced  
2 medium sweet potatoes, peeled and cut into 1-in cubes  
3 carrots sliced in 1/4-in rounds  
2 ribs of celery, diced  
1/2 head of cauliflower, cut into florets  
3 c. chicken broth  
1 c. milk  
1/2 tsp salt  
1/2 tsp pepper

In a large saucepan, heat olive oil and butter over medium heat and brown the chicken with the bacon. Remove the chicken and set aside. Remove the bacon and dice.

Add a little more olive oil along with the onion, celery, thyme, sage, and diced bacon. Saute until the onion and celery are tender. Add garlic and saute until fragrant.

Add the chicken, sweet potatoes, carrots, cauliflower, chicken broth, milk, bay leaf, salt and pepper.

Simmer for 20-25 minutes until vegetables are cooked and fork tender. Taste and add more salt and pepper as needed. Remove the bay leaf.