Chicken Black Bean Sweet Potato Stew

4 stew meals, each with one-quarter of the chicken, beans, sweet potato and broth · Active 35 min · Total 1 hr 35 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 1 lb 5 oz boneless skinless chicken thigh meat, visible excess fat trimmed, cut in 1-inch/2.5 cm pieces (600 g raw)

• About 2 3/4 cups fully cooked unsalted black beans, drained (480 g)

• About 2 medium-large sweet potatoes, peeled and cut in 3/4-inch/2 cm cubes (600 g prepared)

• 1 can crushed tomatoes with juice (400 g)

• 1 large onion, chopped (150 g)

• 2 garlic cloves, minced (6 g)

• About 3 cups water (700 ml)

• 1 tablespoon olive oil (15 ml/about 13.5 g)

• 2 teaspoons paprika (4 g)

• 1 teaspoon ground cumin (2 g)

• 3/4 teaspoon fine salt (4.5 g)

• 1/4 teaspoon black pepper (0.5 g)

Set out

5-liter/about 5-quart saucepan with lid, Knife and separate raw-poultry board or cleaned board, Spoon and ladle, Sieve, Kitchen scale, Measuring jug, Food thermometer, 4 shallow storage containers

Allergens

No major allergen is deliberately included in the stated base; check canned products and spice labels for added allergens. Check labels and substitutions.

Make it

1. Prepare onion, garlic and sweet potato before handling raw chicken. Heat oil in the saucepan over medium heat and cook onion for 8–10 minutes until softened. Stir in garlic, paprika and cumin for 30 seconds.

2. Add sweet potato, tomatoes, water, salt and pepper. Bring to a boil, reduce to a gentle simmer, partly cover and cook for 10 minutes.

3. Using clean raw-poultry equipment, cut the chicken evenly and add it carefully to the simmering pot. Stir, return to a gentle simmer and partly cover. Cook for 20–25 minutes, stirring occasionally, until sweet potato is tender and several thick chicken pieces reach 165°F/74°C. Continue if necessary; wash and sanitize raw-poultry equipment.

4. Add the fully cooked drained black beans. Simmer for 5–8 minutes, stirring, until the stew including the beans reaches 165°F/74°C throughout. Add a small amount of water only if the base is catching; it should remain a stew.

5. Stir well and divide the entire pot into 4 equal meals, sharing chicken pieces and beans fairly. Serve immediately or cool planned later portions promptly as directed.

A useful kitchen skill

Build a stew in stages: roots first, raw chicken with a measured endpoint, then already-cooked beans without resetting their storage clock.

A useful detail

The 95-minute total allows vegetable and chicken preparation, the roots' head start, full chicken simmer and final bean-heating stage. If beans were cooked earlier, the finished stew inherits their remaining safe storage time.

Keep it well

Transfer planned leftovers promptly to shallow containers and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days, or sooner if the cooked beans have an earlier use-by limit. Freeze promptly chilled portions at 0°F/−18°C for up to 2 months for quality only if all ingredients still have a safe storage window. Thaw in the refrigerator and reheat the needed portion to 165°F/74°C throughout.