

Easy Mexican Chicken Stew

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/waitrose-mexican-chicken-stew-recipe>

Ingredients:

- olive oil
- 1 onion roughly chopped
- 6 cloves garlic roughly chopped
- 2 tablespoons dried oregano
- 2 teaspoons cumin dried
- 28 ounces diced tomatoes with juices
- 1 dash worcestershire sauce
- 4 cups chicken stock good
- 3 cups rotisserie chicken shredded, or boil chicken in salty water and shred
- 1 lime
- 1 avocado large, semi-firm
- kosher salt to taste
- ground pepper fresh, to taste
- fresh cilantro

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 170 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 430 milligrams
9. Sugar: 9 grams

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