



## **Mexican "Chicken" Stew**

Add your favorite chicken substitute to this tasty tomato-based stew. Olé!

- 2 Tbs. olive oil
- 1 medium onion, chopped
- 16 oz. chicken substitute (thawed if frozen)
- 2 tsp. cumin
- 2 tsp. cocoa powder
- 2 tsp. cinnamon
- 2 tsp. chili powder
- 1 28-oz. can diced tomatoes, undrained
- ½ tsp. salt
- 1 ½ tsp. brown sugar

1. In large saucepan, sauté onion in olive oil until translucent. Add chicken substitute and cook until heated through.
2. Add cumin, cocoa powder, cinnamon, and chili powder; stir to combine.
3. Add tomatoes, salt, and brown sugar. Simmer for 10 minutes. Serve over rice.