

## Cabbage Patch Stew

Makes 4 servings

- 1 lb skinless, boneless chicken breast, raw
- 1 large onion, chopped
- 1 lb shredded cabbage (or bag of Cole slaw mix)
- 15 oz can of Great Northern beans (with liquid)
- 15 oz can of diced tomatoes (with garlic & onion if available)

In a large pot with a lid, cook chicken on medium temperature with the pot covered, until chicken is tender and no longer pink in the middle. Cut into small chunks with a spatula (in the pot) or on a cutting board (and return to pot). Add all other ingredients and simmer in covered pot for about 30 minutes on a medium low temperature.

(To round out the meal, serve with whole wheat corn muffins!)