

Red Chicken Chili

Chili is a great way to clear out your vegetable drawer and a snap to make using canned beans and tomatoes that you may already have in your pantry. Vary your veggies and beans with what you have on hand. This chili is rich in protein, iron and Vitamin C.

Makes 8 servings; 1 1/2 cups chili per serving.

INGREDIENTS

1 tablespoon olive or vegetable oil
1 pound skinless and boneless chicken breast, diced small
1 medium yellow onion, diced small
1 small green pepper, seeded and diced small
2 cloves garlic, minced
1 Tablespoon chili powder
1 ½ teaspoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon black pepper
1 can (15 oz.) low sodium chicken or beef broth
1 can (28oz.) low sodium fire-roasted diced tomatoes
1 can (15oz.) low-sodium kidney beans, rinsed
1 can (15oz.) low-sodium pinto beans, rinsed
optional toppings: cheddar cheese, diced onions, diced avocados, sour cream, crushed crackers

PREPARATION

Heat a large pot to medium high and add oil. Add chicken breast and sauté until no longer pink and cooked through. Remove from pan and set aside. Add onion and pepper to same pan and sauté until the vegetables are tender, about 10 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Add the spices and sauté for 30 seconds. Add reserved chicken with any accumulated juices, broth, tomatoes, and beans. Bring chili to a boil; reduce heat, and simmer for 45 minutes or until thickened, stirring occasionally. Taste and adjust seasonings, if needed.

Serve topped with any of the optional toppings above.

Three-Bean Turkey Chili		
Nutrition Facts		
Serving Size: 12 oz — 28g		
Amount Per Serving	% Daily Value*	
Calories	303	15%
Total Fat	8g	13%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	49mg	16%
Sodium	187mg	8%
Total Carbohydrate	34g	11%
Dietary Fiber	11g	46%
Sugars	5g	
Protein	24g	48%
Vitamin A	14% • Vitamin C	43%
Calcium	14% • Iron	22%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.		
Full Info at cronometer.com		