

Chicken Chili

Serves: 8

Despite the lower-fat, lower-salt ingredients, this version of chili packs full flavor! It's a perfect dish to chase away the chills on a cool fall day.

2 large skinless, boneless chicken breasts (around 1 ½ lbs.), cut into 1-inch chunks
2 14 oz. cans of no-salt diced tomatoes, drained
2 cups low-sodium chicken broth
1 medium onion, chopped
2 to 3 garlic cloves, minced, depending on taste
1 large green or red bell pepper, chopped
1 package of frozen corn
1 14 oz. can black beans, drained
1 14 oz. can pinto or kidney beans, drained
1 Tablespoon chili powder
1 Tablespoon ground cumin
2 teaspoons dried oregano
3 Tablespoons olive or vegetable oil
1 teaspoon salt
1 teaspoon red pepper flakes, or ¼ teaspoon cayenne pepper,
but eliminate if using jalapeño pepper

Optional: 1 jalapeño pepper, seeds and ribs removed, chopped

Toppings: ½ cup chopped cilantro, sliced onion, grated cheddar cheese, low-fat sour cream

Heat 2 tablespoons olive oil over low heat in a 4-quart pot. Add the diced onion, chopped bell pepper, jalapeño pepper (optional) and cook for 5 to 7 minutes, stirring occasionally. Add minced garlic and cook for 30 seconds longer. Remove from the pot. Add another tablespoon of oil to the pot, herbs and chicken, and cook chicken until done, for 10 minutes, stirring.

Add the rest of the ingredients to the pot, along with the onion, peppers and garlic. Cover and cook over medium heat for 45 minutes to 1 hour, stirring occasionally. Serve with toppings in each bowl.