



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Chicken Chili

Serves 6

Ingredients:

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| 1 Tbsp olive oil | 3 cups canned diced tomatoes |
| 1 lb. ground chicken | 2 cups chicken broth |
| 2 cups coarsely chopped onions | ½ tsp. sea salt |
| 2 Tbsp. chopped garlic | ½ tsp. pepper |
| 1 large sweet red pepper, coarsely chopped | 2 15-oz. cans of red kidney beans, drained |
| 1 jalapeño pepper, cored, deveined and finely chopped | 2 15-oz. cans of black beans, drained |
| 1 tsp. dried oregano | 1 cup shredded cheddar cheese |
| 2 bay leaves | Sliced scallions |
| 3 Tbsp. chili powder | |
| 2 tsp. ground cumin | |

Directions:

1. In a large soup pot, heat the oil over and add the chicken. Cook until lightly browned and breaking up as it cooks.
2. Add the onions, garlic, sweet pepper, jalapeno pepper, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5-7 minutes.
3. Add the tomatoes, chicken broth, salt and pepper. Bring the mixture to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.
4. Add the drained beans and cook about 10 minutes or longer, stirring throughout.
5. Serve in bowls with cheddar cheese and sliced scallions.