

Chicken-Corn Chili

Ingredients:

1 Tbsp Extra-Virgin Olive Oil
1 small Onion, *chopped*
2 Cloves Garlic, *minced*
1 large Jalapeno Pepper ($\frac{1}{2}$ Chopped And $\frac{1}{2}$ Sliced;
Remove Seeds For Less Heat)
1 4-ounce Can Chopped Green Chiles, *drained*
1 tsp Ground Cumin
2 cups Low-Sodium Chicken Broth
2 cups Shredded Rotisserie Chicken
2 15-ounce Cans Large White Beans Or Pinto Beans (1
Undrained; 1 Drained And Rinsed)
1 cup Frozen Corn, *thawed*
 $\frac{1}{2}$ cup Chopped Fresh Cilantro
1 cup Shredded Monterey Jack Or White Cheddar Cheese
Sour Cream And Cornbread, *for serving (optional)*



Metrics: Yield: Serves 4-6

Prep Time: 20 minutes

Cooking Time: 20 minutes

Attribution: FoodNetwork.com

Directions:

Heat the olive oil in a large pot over medium heat. Add the onion and cook, stirring, until slightly soft, about 3 minutes. Add the garlic, chopped jalapeño, green chiles and cumin and cook, stirring, until the cumin is toasted, about 2 minutes. Stir in the chicken broth, chicken and beans along with the liquid from one of the cans of beans. Bring to a boil, then reduce the heat to medium low and simmer, stirring occasionally, until thickened, about 15 minutes.

Using a potato masher, mash the chili until about half of the beans are broken up. Stir in the corn, cilantro and $\frac{1}{2}$ cup cheese. Divide the chili among bowls and top with the remaining $\frac{1}{2}$ cup cheese and the sliced jalapeño. Serve with sour cream and cornbread, if desired.

Per serving: Calories 586; Fat 26 g (Saturated 10 g); Cholesterol 151 mg; Sodium 857 mg; Carbohydrate 41 g; Fiber 10 g; Protein 49 g

Photograph by Antonis Achilleos