

Chicken Chili



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Serves: 8-10



Prep & Cook Time: 80 minutes

Ingredients

480g Reuven Natural Proportion Shredded Chicken, thawed (Product Code 15807)
1 tbsp (15 ml) olive oil
1 cup (250 ml) sweet onion, diced
2 cloves garlic, minced
1 cup (250 ml) carrot, diced
1 tbsp (15 ml) green chilies
2 tsp (10 ml) chili powder
2 tsp (10 ml) ground cumin
1 cup (250 ml) white navy beans, canned
2 cups (500 ml) diced tomatoes, canned
1 cup (250 ml) reduced sodium chicken stock
3/4 cup (180 ml) corn kernels, frozen

Garnish:

1 tbsp (15 ml) non-fat greek yogurt
cilantro, chopped
radish, fresh & julienne
1/2 tsp (2.5 ml) mexican cheese blend
salt & pepper to taste

Preparation Instructions

In a large pot heat olive oil over medium heat; sauté olive oil, onion, garlic and carrots for 2 minutes. Stir in chili powder, green chilies and cumin, cook for 1 min. Add chicken, navy beans, tomatoes and chicken stock, bring to a boil and reduce to a simmer, cook for 50 minutes. Then add corn continue cooking for another 10 minutes. Finally season with salt and pepper to taste and garnish with a dollop of yogurt, cilantro, radish and mexican cheese blend.

