



Chicken Chili

INGREDIENTS

- 4 cups chopped yellow onions (3 onions)
- 1 tablespoon good olive oil
- 1/8 cup minced garlic (2 cloves)
- 2 large red bell peppers, cored, seeded, and large-diced
- 2 large yellow bell peppers, cored, seeded, and large-diced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon dried red pepper flakes, or to taste
- 1/4 teaspoon cayenne pepper, or to taste
- 2 teaspoons kosher salt, plus more for chicken
- 56 ounces cans whole peeled plum tomatoes in puree, 2- 28 ounce cans, undrained
- 1/4 cup minced fresh basil leaves
- 4 split chicken breasts, boneless, skinless - cubed into bite size chunks
- 1 teaspoon Freshly ground black pepper

DIRECTIONS

For toppings:

- 2% (or low-fat) shredded mexican cheese

-Fat Free sour cream

Directions

Heat a pan over medium heat, add oil - once to temperature cook onions, until starting to turn translucent (5-10 minutes)

While onions are cooking, sprinkle chicken breasts with kosher salt and pepper and then cube into 1" chunks - add garlic and

chicken to onions, stir until onions are completely translucent (another 5-10 minutes)

Add the bell peppers, chili powder, cumin, red pepper flakes, cayenne, and salt Cook until fragrant -about 1 minute.

Crush the tomatoes by hand add to the pot with the basil.

Bring to a boil, and then reduce the heat and simmer, uncovered, for 30 minutes, stirring occasionally.

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 235

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| • | Total Fat: 10.41g |
| • | Cholesterol: 51mg |
| • | Sodium: 62mg |
| • | Total Carbs: 16.42g |
| • | Dietary Fiber: 4.12g |
| • | Sugars: 7.01g |
| • | Protein: 18.17g |

Source: Based on a recipe from Barefoot Contessa