

Chocolate Chicken Chili Soup

Adapted some from *Art of the Slow Cooker* by Andrew Schloss

Internet address:



- 2 tablespoons vegetable oil
- 2 pounds boneless skinless chicken thighs, cut in 1/2" cubes
- 1 large onion, finely chopped
- 4 cloves garlic, minced (yes, really 4)
- 1 1/2 teaspoons ground cumin, preferably ground from whole seeds toasted in a dry skillet
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried thyme
- 2 teaspoons chili powder, your choice of type, mild to hot
- 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon coarsely ground pepper
- 3 teaspoons flour (optional)
- 2 cups low-sodium chicken broth
- 28 ounces diced tomatoes, preferably fire-roasted, with their juice
- 15 ounces canned white beans, drained and rinsed
- 1 cup frozen corn (my suggestion)
- 2 ounces bittersweet chocolate, broken into pieces or chopped finely
- 2 tablespoons fresh cilantro, with more for garnish

Servings: 6

Recipe courtesy of Andrew Schloss, *Art of the Slow Cooker*, Chronicle Books (2008)

Note: I did all of the cooking of this in my slow cooker as it has a saute setting. Then I added in all the ingredients (except cilantro and chocolate) and brought it up to temp (still on the saute setting), then I reduced the heat to slow-low.

1. Heat the oil in a large deep skillet and saute the chicken until it loses its raw color, about 3 minutes. Transfer to a 5-6 quart slow cooker.
2. Add the onion to the oil remaining in the skillet and saute until tender, about 2 minutes.
3. Add the garlic, cumin, oregano, thyme, chili powder, cinnamon, salt, pepper, and flour and stir until the onion is evenly coated. Cook for 1 minute, stirring constantly.
4. Add the broth and tomatoes and stir until the liquid boils and thickens. Transfer to the slow cooker.
5. Add the beans (and corn, if adding), cover and cook for 2-3 hours on high or 3-4 hours on low. My soup was done in about 2 hours.
6. Reduce the cooker to warm. Add the chocolate and cilantro and stir until the chocolate melts, about 2 minutes. Serve immediately with additional cilantro on top or hold on warm for up to 2 hours. Serve with cornbread, biscuits or flour tortillas.

Per Serving (excluding unknown items): 430 Calories; 21g Fat (40.1% calories from fat); 37g Protein; 35g Carbohydrate; 8g Dietary Fiber; 120mg Cholesterol; 725mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 Fat.

Carolyn T's Blog - Tasting Spoons
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