

# Chicken Chili

*Inspired by a recipe on the Food Network*



## Servings: 6

*2 medium onions, peeled, chopped*  
*2 tablespoons olive oil*  
*3 cloves garlic, minced*  
*1 1/2 tablespoons ground cumin*  
*1 whole jalapeno chile pepper, or more if you'd like more heat*  
*2 whole red bell pepper, seeded, chopped*  
*4 cups water*  
*1 1/2 teaspoons Penzey's turkey soup base, or chicken dry granules*  
*2 teaspoons Kosher salt*  
*1 tablespoon chipotle chile canned in adobo, minced, or more to taste (hot)*  
*1 tablespoon chili powder*  
*1 tablespoon ancho chile powder (adds flavor, no heat)*  
*3 cups Trader Joe's fire-roasted corn, or canned or frozen*  
*2 pounds canned tomatoes*  
*3 pieces chicken breast halves, boned, skinned, cubed (raw)*  
*3 tablespoons flour*  
*1/2 cup heavy cream, optional*  
GARNISHES: *(optional)*  
*1 cup grated cheddar cheese*  
*8 tablespoons sour cream*  
*1 cup tortilla chips, crushed*  
*1/2 cup cilantro, minced*

*Serve with grated cheddar cheese, minced cilantro, sour cream and crunched-up tortilla chips. Serve cornbread or hot flour tortillas on the side.*

1. Heat the olive oil in a large pot and add the cubed onion. Saute, stirring frequently, until it's turned nearly translucent.
2. Meanwhile, chop up the red bell peppers and add to the onions, continuing to stir frequently for about 2 more minutes.
3. Add the minced garlic and cook for one minute only. Add the water and bring the pan up to a boil.
4. Add the cumin, the turkey or chicken soup base, the chipotle chile, salt and chili and ancho chile powders. Bring up to a boil and add the corn.
5. Place half of the canned tomatoes in the jar of a blender and puree until smooth. Add both tomatoes to the pot and bring up to a simmer, then reduce heat and allow to bubble gently for about 5 minutes.
6. Meanwhile, chop up the chicken into small pieces and place in a bowl. Add the flour to the chicken and stir until the flour has all adhered to the chicken. Gently add it to the pot and allow the mixture to simmer until the chicken is fully cooked, about 5-10 minutes. Taste for seasonings.
7. If desired, add the heavy cream and stir. If time permits, allow to cool, and reheat when ready to serve.

*Just good, old comfort food with a bit of heat.*

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Per Serving (excluding unknown items): 634 Calories; 40g Fat (55.6% calories from fat); 27g Protein; 45g Carbohydrate; 7g Dietary Fiber; 102mg Cholesterol; 1275mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat.