



# Apple Corn Chili

Servings 6 | Prep time 15 mins. | Total time 50 mins.

Equipment: Cutting board, Stockpot (large deep pot), Strainer, Small bowl, Large bowl  
Utensils: Knife, Spatula or wooden spoon, Measuring cups and spoons, Potato masher or fork

## Ingredients

2 tablespoons olive oil, divided  
8 ounces boneless, skinless chicken breast, cut in 1/2 inch cubes  
1 medium onion, chopped  
2 cloves garlic, minced  
3 teaspoons ground cumin (optional)  
1/4 teaspoon cayenne pepper (optional)  
1 15 ounce can yellow corn, drain liquid into small bowl or cup  
2 red apples, chopped with skin on in 1/2 inch pieces  
1 15 ounce can black beans, no-salt-added, drained and rinsed  
1 4.5 ounce can diced green chilis, drained  
2 teaspoons chicken bouillon, sodium free (or 2 bouillon cubes)  
2 cups water

### *Topping*

1/4 cup reduced-fat sour cream  
1/4 cup fresh cilantro, chopped (optional) or  
1/4 cup green onion, chopped (optional)

### Nutritional Information:

Calories 250  
Total Fat 7g  
Sodium 290mg  
Total Carbs 34g  
Protein 15g

## Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. In a stockpot, heat 1 tablespoon of olive oil over medium high heat until oil shimmers.
3. Add chicken, stirring occasionally, until golden brown, about 7 minutes. Remove chicken to a small bowl. Keep warm.
4. Heat 1 tablespoon of olive oil in the stockpot. Sauté onions for about 4 minutes.
5. Add garlic, cumin and cayenne pepper, if using.
6. Add corn. Cook until corn is golden brown.
7. Add apples and cook until apples can easily be mashed with a fork, 10-15 minutes.
8. Use a potato masher to create a coarse sauce from the onion, apple, and corn mixture. Add liquid from the corn to make a thick sauce.
9. Add 2 cups of water and 2 teaspoons of chicken bouillon (or 2 bouillon cubes). Bring to a gentle simmer on medium heat.
10. Add black beans and chilies to the stock pot and bring back to a simmer.
11. Add browned chicken and bring back to a simmer.
12. Ladle into bowls. Add a dollop of sour cream and chopped cilantro or green onions if desired.