



# Apple Corn Chili

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

## Equipment:

Large Pot

## Utensils:

Knife

Spatula or wooden spoon

Measuring cups and spoons

Potato masher or fork

## Ingredients

2 tablespoons olive oil OR vegetable oil, divided

8 ounces boneless skinless chicken breast, cut in 1/2 inch cubes

1 medium onion, chopped

2 cloves garlic, minced OR 2 teaspoons garlic powder

1 teaspoon ground cumin (optional)

1/4 teaspoon cayenne pepper (optional)

1 15 ounce can no salt added corn, drain liquid into small bowl or cup

2 medium red apples, chopped into 1/2 inch pieces

1 15 ounce can no salt added black beans, drained and rinsed

1 4.5 ounce can diced green chile peppers, drained

2 cups low-sodium chicken stock

## Optional toppings:

1/4 cup light sour cream

1/4 cup fresh cilantro, chopped

1/4 cup green onion, chopped

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, fruits, and vegetables.
2. In a large pot, heat 1 tablespoon of oil over medium-high heat until oil simmers.
3. Add chicken, stirring occasionally, until golden brown, about 7 minutes. Remove chicken and put in small bowl.
4. Heat 1 tablespoon of oil in the pot. 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 fork or potato masher to stir the onion, apple, and corn mixture. Add liquid from the corn and stir to make a thick sauce.
9. Add 2 cups of chicken stock, stir to combine and increase heat to bring the pot to a simmer.
10. Add black beans, chilies, and chicken. Simmer for an additional 5 minutes.

## Nutritional Information:

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