



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 or vegetable oil, divided

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

1 medium onion, chopped

2 cloves garlic, minced

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 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 cups low sodium chicken stock

Optional toppings

1/4 cup reduced fat sour cream

1/4 cup fresh cilantro, chopped or

1/4 cup green onion, chopped

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.
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 chicken stock, stir to combine and increase heat to bring the pot to a simmer.
10. Add black beans, chilis, and chicken and simmer for an additional 5 minutes.
11. Add browned chicken and bring back to a simmer.

Nutritional Information:

Calories 250 Total Fat 7g Sodium 70mg Total Carbs 32g Protein 16g