

Chicken Chili



Ingredients:

- non-stick cooking spray
- 1 lb. boneless, skinless chicken breasts or tenderloins
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 3 clove garlic (minced)
- 2 cup fat-free, low-sodium chicken
- 2 15.5- oz. canned, no-salt-added or low-sodium beans (mix or match pinto, red, kidney or navy), drained, rinsed
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder
- jalapeño (optional if you like spicy chili)
- fresh cilantro (optional)
- 1/2 cup low-fat, or, fat-free sour cream (optional)

Directions:

1. Remove visible fat from chicken, cut into bite-sized pieces.
2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional) cooking over medium-heat until chicken is no longer pink (about 7 minutes)
3. Lightly mash the drained, rinsed beans with a fork.
4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.

5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)