



CHICKEN CHILI WITH SWEET POTATOES

Time: 40 minutes

Serves: 5

INGREDIENTS

2 tablespoons extra virgin olive oil

1 large onion

3 cloves garlic, minced

2 cups cubed sweet potato (½ inch)

1 medium green bell pepper, chopped

2 tablespoons chili powder

2 teaspoons ground cumin

1 teaspoon dried oregano

1 15oz can low-sodium cannellini beans, rinsed and drained

2 cups low-sodium chicken broth or homemade chicken stock

1 cup frozen corn

2 cups cubed cooked chicken (½ inch; about 10 ounces)

¼ teaspoon salt

¼ teaspoon ground pepper

Sour cream, avocado and cilantro to garnish (optional)

DIRECTIONS

STEP 1: Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5-6 minutes. Stir in chili powder, cumin and oregano and cook, stirring until fragrant, 1 minute.

STEP 2: Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.

STEP 3: Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.

STEP 4: Enjoy!