WESTERN WISCONSIN HEALTH

CHICKEN AND BLACK BEAN SUMMER CHILI (GLUTEN FREE)

2 T. extra virgin olive oil, divided
1 1/2 C. onions, finely chopped
1 fresh red bell pepper, chopped
1 lb. ground chicken breast (turkey may be substituted)
1 C. corn kernels (fresh or frozen)
1-4 oz can green chile peppers, drained and chopped
1-5 oz. can reduced-sodium black beans, drained and rinsed
1/2 tsp. chili powder
1/2 tsp. cumin
Salt and fresh ground pepper, to taste
2 1/2 C. low-fat, reduced-sodium chicken broth
Dash of Tabasco sauce, optional
2 T. cilantro, finely chopped (as garnish)

Nutrition Facts
Serving Size (430g)
Servings Per Container

Amount Per Serving

Calories 330 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 300mg	**13%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 8g	**32%**
Sugars 5g	
Protein 24g	

Vitamin A 20% • Vitamin C 80%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Use 4-quart pot over medium heat and heat 1 tablespoon olive oil. Add onion and bell pepper and cook until soft, about 5 to 6 minutes. Transfer bell pepper and onion to a plate and set aside. Using same pot, heat remaining 1 tablespoon olive oil over medium-high heat. Add ground chicken (or turkey). Cook meat using a large cooking spoon or spatula to break up the meat until it starts to brown, about 8 to 10 minutes. Add cooked onion and bell pepper, corn kernels, chopped chile peppers, black beans, chili powder, cumin, salt and pepper to taste. Stir well to combine ingredients, then add chicken broth. Bring chili to a boil; reduce heat and simmer for about 25 minutes. Serve in bowls and add a dash of Tabasco and a sprinkle of cilantro on top, if desired.

NUTRITION FACTS: Serving size: 1 1/2 cups per serving, 5 servings