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)

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