

# Quick Chicken Chili

## Ingredients:

- Non-stick cooking spray
- 1 lb boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 3 cloves garlic (minced)
- 2 cups fat-free, low sodium chicken broth
- 1/2 tsp pepper
- 2 (15.5 oz) canned, no-salt added or low-sodium beans (mix or match pinto, red, kidney or navy), drained, rinsed
- 1 tsp cumin
- 1/2 tsp chili powder (optional)
- Jalapeno (optional for spice)
- Fresh cilantro (optional)
- 1/2 cup low-fat, or fat-free sour cream (optional)

## Instructions:

1. **Prep:** Remove visible fat from chicken, cut into bite-size pieces.
2. **Cook chicken and vegetables:** 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. **Mash beans:** Lightly mash the drained, rinsed beans with a fork.
4. **Combine:** Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
5. **Serve:** Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)

Recipe courtesy of American Heart Association's "Simple Cooking with Heart" recipe database

## Nutrition Information:

Serves 4

| Calories per Serving     | 340           |
|--------------------------|---------------|
|                          | % Daily Value |
| Total Fat 3 g            | 4%            |
| Saturated Fat 0.5 g      | 3%            |
| Trans Fat 0g             |               |
| Cholesterol 75 mg        | 25%           |
| Sodium 170 mg            | 7%            |
| Total Carbohydrate 41 g  | 15%           |
| Dietary Fiber 10 g       | 36%           |
| Total Sugars 7 g         |               |
| Includes 0 g added sugar |               |
| Protein 39g              | 78%           |

Not a significant source of vitamin D, calcium, iron or potassium