

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Buffalo Chicken Chili

From "Yum-O!" by Rachael Ray

Serves 6, or 4 with some leftovers

2 TB extra-virgin olive oil, twice around the pan
2 lbs ground chicken or chopped raw chicken
2 large carrots, peeled and finely chopped
1 large onion, chopped
4 celery ribs with leafy tops, finely chopped
4 garlic cloves, chopped
1 TB sweet smoked paprika
1 bay leaf
Salt and freshly ground black pepper
2 cups chicken stock (Look for one without MSG. Swanson now has an organic one)
½ cup hot sauce, such as Frank's (1/2 cup can be too spicy for the little ones, just decrease it to taste. You can always add more later if you want)
1 15-ounce can tomato sauce
1 15-ounce can stewed or crushed fire-roasted tomatoes with their juices
1 (9-13-ounce) bag whole-grain tortilla chips, lightly crushed (Garden of Eatin' makes a good organic one)
¾ lb Maytag blue cheese, crumbled
A handful of fresh flat-leaf parsley, chopped

Heat the olive oil in a large pot over medium-high heat. Add the chicken and cook until it's lightly browned, breaking it up with a wooden spoon as it cooks. Add the carrots, onions, celery, garlic, paprika, and bay leaf and season with salt and pepper. Cook, stirring frequently, for 7 to 8 minutes, then add the chicken stock and stir to scrape up any brown bits on the bottom of the pot. Add the hot sauce, tomato sauce, and the tomatoes and bring the chili up to a bubble. Simmer for 8 to 10 minutes more to bring the flavors together. Discard the bay leaf before serving.

While the chili is simmering, preheat the broiler. Spread the chips on a baking sheet and top with the crumbled blue cheese. Broil until the cheese melts, 2 to 3 minutes, then sprinkle with the chopped parsley.

Top each serving of chili with a few blue-cheese chips.