

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

BBQ Chicken Chili

From *Seriously Delish* by Jessica Merchant

For this recipe, you may want to decrease the amount of bbq sauce, or up the spice according to your taste. We like to use Bone Suckin' Sauce. It can be found at Whole Foods, Bass Pro Shop and sometimes at Lowe's. You can also change up the beans depending on how you like it. Use just one kind, or none at all. You can also dice the chicken breast and cook it in the same pot with the red, pepper and garlic if you don't want to cook it separate and shred it.

Serves 4 to 6

2 Tbsp extra-virgin olive oil
1 red onion, diced
1 jalapeno chile pepper, seeded and diced
2 garlic cloves, minced
1 ½ Tbsp smoked paprika
1 ½ Tbsp chili powder
1 Tbsp ground cumin
1 tsp freshly ground black pepper
½ tsp salt
Pinch of crushed red pepper flakes
2 boneless, skinless chicken breasts, cooked and shredded
1 (12-ounce) jar roasted red peppers in water, drained and chopped
1 can cannellini beans, rinsed and dried
1 can light or dark red kidney beans, rinsed and drained
3 cups low-sodium chicken stock
1 (28-ounce) can diced tomatoes
½ cup BBQ sauce
Freshly grated cheddar cheese, for garnish
Torn fresh cilantro, for garnish

1. Heat a large pot over medium heat and add the olive oil. Add the onion, jalapeno, and garlic and stir to coat. Cook the mixture until it has softened, 5 minutes. Add the paprika, chili powder, cumin, black pepper, salt and red pepper flakes. Stir and cook for 5 more minutes.
2. Add the chicken red peppers, beans, stock, tomatoes, and BBQ sauce and stir well to combine. Cover the pot and reduce the heat to medium-low. Cook the chili for 20 minutes. Remove the lid and stir. Taste and season additionally with more salt, pepper, or spice if you desire. Cover and cook for 10 more minutes.
3. Top each serving with cheddar cheese and cilantro.