

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chicken Salsa Chili

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Makes 6 main-dish servings

2 cups diced chicken

1 16-ounce jar thick and chunky salsa

1 15-ounce can garbanzo beans (chickpeas), rinsed and drained

1 15-ounce can dark red kidney beans or black beans, rinsed and drained

1 14-ounce can chicken broth

1 4-ounce can diced green chile peppers

1 tablespoon chili powder

2 teaspoons minced garlic or $\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon crushed red pepper

$\frac{1}{4}$ snipped fresh cilantro

2 tablespoons lime juice

Sour cream (optional)

Chopped red onion and/or sliced green onion (optional)

Shredded sharp cheddar cheese (optional)

Chopped avocado (optional)

1. In a 4-quart Dutch oven, or pot, cook diced chicken in 2 tablespoons extra-virgin olive oil until no longer pink. Add salsa, garbanzo beans, beans, chicken broth, chile peppers, chili powder, garlic and red pepper. Bring to boiling; reduce heat. Simmer, covered for 20 minutes.
2. Just before serving, stir in cilantro and lime juice. If you like, top each serving with sour cream, red onion, cheese and/or avocado.