

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Smoky White Bean Chicken Chili

From www.tastykitchen.com

So, this recipe calls for using a rotisserie chicken. That will make the preparation of the meal easier, but if you want to ensure you have a free-range chicken, buy one specifically labeled as such, and cook it yourself, or use one you have already gotten from a local farmer. ☺ Planning ahead, you could cook the chicken on Sunday (roast it, put it in the crock pot or even grill it using the beer-can method), and then have it ready to go for the chili later in the week- or simply use whatever cut of chicken you like. You could even use raw, diced chicken breasts, added in at the same time, making sure to cook it through with the spices. Also, if you want to make this chili Paleo, simply leave out the beans and cheese. There are a lot of other tasty ingredients, so you won't even miss them. You can make this as mild, or as spicy, as you want by how much chipotle chili powder you use. I keep it close to ¼- ½ tsp so it's not too spicy for the kids. But if you like spicy, add as much as you want.

Serves 8

4 slices nitrate-free bacon, chopped
1 whole large onion, diced
3 cloves garlic, chopped
1 whole rotisserie chicken, shredded or diced
1 tsp smoky paprika
1 tsp ground cumin
1 tsp onion powder or granulated onion
½ tsp garlic powder, or granulated garlic
½ tsp chipotle chile powder, or to taste
6 cups organic chicken stock or broth
1 can (28-ounce) diced tomatoes, fire roasted (Hunts makes these, as well as Muir Glen organic)
2 cans (14-ounce) white beans, cannellini or great northern
2 cans (4-ounce) diced green chiles
Salt and pepper to taste
½ cup grated cojita cheese, optional
¼ cup chopped fresh cilantro, optional

1. In a hot Dutch oven, cook bacon for about 3 minutes. Add the onion and garlic to the bacon. Lower the heat to medium low and cover pot. Cook, stirring as needed until the onions are translucent and just starting to caramelize. This takes about 30 minutes.
2. Add the chicken, smoky paprika, ground cumin, onion powder, garlic powder, and chipotle to the pot and continue to cook for an additional 10 minutes (covered) so the chicken gets infused with the aromatics and spices. Stir in the chicken stock, diced tomatoes, beans, and green chiles. Add salt and pepper to taste. Bring to a slow boil and cook, uncovered, stirring as needed until the liquid has reduced to your level of preference.
3. For serving, pass the cheese and cilantro for toppings as desired.

Note: a can of the white beans can be reserved, pureed or well mashed, and then added to chili for thickening at the same time as the other beans are added to the chili.