

Red & Green Chicken Chili

Ingredients

- 1 1/2 pounds trimmed and diced chicken breasts (or if you prefer, boneless, skinless thighs)
- 1 medium red onion, large dice
- 4 large cloves garlic, minced
- 1-28 oz can diced tomatoes in juice
- 1-14.5 oz can diced tomatoes, "Mexican style" or "fire roasted salsa style"
- 1-15 oz can black beans, rinsed
- 1-15 oz can kidney beans, rinsed
- 2 cups chicken stock
- 1 jalapeño, seeded and diced
- 1 small lime
- 1 bunch cilantro, rinsed and rough chopped
- 1 Tablespoon Italian herb seasoning
- 2 Tablespoons chili powder
- 1 Tablespoon ground cumin
- 2 teaspoons kosher salt
- 5 Tablespoons canola oil

Serves 8-10

Instructions

Warm 2 tablespoons of oil in a saute pan over medium heat. Cook chicken for about six minutes or until tender and no more pink remains. Drain excess liquid and set aside.

While chicken is cooking, saute red onions over medium-high heat in a large stockpot with 3 tablespoons of oil, for about five minutes or until soft. Add in minced garlic and saute until garlic becomes just slightly fragrant.

Add canned tomatoes, beans, chicken stock, cooked chicken, jalapeño and all the spices. Simmer over medium heat for about 10-12 minutes. Just before serving, add in cilantro.

Garnish with a squeeze of lime. No kidding, the lime really makes it.



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