

Chicken Chili

Chicken has less fat than beef or pork. Use canned white meat chicken packed in water or leftover skinless chicken breast.



Drain and rinse canned chicken, beans and corn to reduce added sodium.

More recipes are available at
pittsburghfoodbank.org/recipecards



Chop onion and bell pepper. Use any color bell pepper.



Add onion and pepper. Cook for 5 minutes. Add chili powder.



Add remaining ingredients. Stir to mix. Bring chili to a boil.



Chicken Chili

Preparation time: 5 minutes | **Cook time:** 25 minutes | **Cost:** \$7.00

Ingredients:

- 1 teaspoon **oil**
- ½ cup **onion**, chopped
- ½ cup **bell pepper**, chopped
- 2 tablespoons **chili powder**
- 1 (28 ounce) can **diced tomatoes**
- 1 (15 ounce) can **black beans**, drained and rinsed
- 1 (15 ounce) can **corn**, drained and rinsed
- 1 (10 ounce) can **white meat chicken**, drained and rinsed
- 2 cups **low-sodium chicken broth**

Directions:

1. Heat oil in a soup pot over medium heat.
2. Add onion and pepper. Cook for 5 minutes.
3. Add chili powder. Stir to mix. Cook for 1 minute.
4. Add tomatoes, beans, corn, chicken and broth. Stir to mix.
5. Bring chili to a boil. Then reduce heat to medium-low. Simmer for 15-20 minutes.
6. Store in the refrigerator for one week or freeze for up to 1 year.

Nutrition Facts

6 servings per container
Serving size 1 1/2 cup

Amount per serving
Calories 230

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 330mg 14%

Total Carbohydrate 31g 11%

Dietary Fiber 9g 32%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 3mg 15%

Potassium 312mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Don't have black beans?
Try using kidney,
pinto or white beans.