

Chipotle Chicken Chili

6 SERVINGS 30 MINS

Adapted from: budgetbytes.com

INGREDIENTS

- 2 cans (12.5 oz) canned chicken, drained shredded
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (8 oz) tomato sauce
- 1 cup frozen corn
- 1 onion, diced
- 1 bell pepper, diced (any color)
- 3 cloves garlic, minced
- 2 chipotle peppers in adobo sauce, minced
- 1 tablespoon adobo sauce (from the chipotle peppers can)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 3 cups low-sodium chicken broth
- 2 tablespoons olive oil
- Optional toppings: shredded cheese, chopped green onions, cilantro, low fat greek yogurt



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PROCEDURE

Chipotle Chicken Chili

1. In a large pot, heat olive oil over medium heat. Add diced onion, bell pepper, and minced garlic. Sauté until the vegetables are softened.
2. Add the drained and shredded canned chicken to the pot. Cook for a few minutes until the chicken is heated through.
3. Stir in chili powder, cumin, dried oregano, salt, and pepper. Mix well to coat the chicken and vegetables with the spices.
4. Add black beans, kidney beans, diced tomatoes (with juice), tomato sauce, and corn to the pot. Stir to combine.
5. Add minced chipotle peppers and adobo sauce to the pot. Adjust the amount based on your spice preference. Stir well to incorporate.
6. Pour in the low-sodium chicken broth, ensuring that the ingredients are well-submerged.
7. Bring the chili to a boil, then reduce the heat to low and let it simmer for at least 15-20 minutes.
8. Taste and adjust the seasoning as needed. Add more salt, pepper, or spices according to your taste.
9. Ladle the Chipotle Chicken Chili into bowls and garnish with optional toppings such as shredded cheese, chopped green onions, cilantro, and sour cream.



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