

Chile con Pollo - 8 servings



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Ingredients:

- 32 oz ground chicken (white)
- 1 can black beans
- 1 can pinto beans
- 16 oz tomato sauce
- 12 oz diced tomatoes
- 15 ¼ oz kernel corn
- 10 oz green chilies
- 1 bell pepper
- 1 onion
- 2 tbsp olive oil
- 3 tbsp chili powder
- 3 tbsp dried oregano
- 2 ½ tbsp cumin
- 1/8 tsp ground allspice



Nutrition:

	Weight (g)	Calories	Protein (g)	Carbs (g)	Fat (g)	Sodium (mg)
Per Serving	484	329	25	45	6	1156
Total	3,873	2,632	200	362	49	9,249

This is a variation of Chile con Carne (chili with beef). Skinless white chicken meat is typically lower in fat than beef. It also usually packs a higher amount of protein per calorie. For a filling meal, this chili is very low in calories and has a variety of vegetables. For a recipe with less sodium, cook dried beans and use reduced sodium tomato sauce.

Preparation:

- Place oil in a large stockpot and heat to medium heat. Add ground chicken (beef), and cook with stirring until the meat is no longer translucent.
- Add green chilies, garlic, red bell pepper, jalapeno, and onion to the meat. Sauté until the onions are translucent.
- Stir in chili powder, oregano, cumin, allspice, and cloves. Add tomatoes and tomato sauce. Simmer on low heat for 15 minutes.
- Add black beans, pinto beans, and cannellini. Cook chili con pollo recipe for an additional 20 minutes.