



One-pot Chicken Chili



1 Tablespoon olive oil
1 medium white onion, chopped
3 garlic cloves, chopped
2 bell pepper (mixed colors), chopped
1 1/2 teaspoon chili powder
1 teaspoon cumin

1 teaspoon paprika
1 can (28 oz.) crushed tomatoes with juice
1 whole rotisserie chicken, cooked and shredded
1/2 can black beans, rinsed and drained
2 1/2 cups low sodium chicken broth

**Optional ingredients for topping: Fresh cilantro, corn tortilla stipes, lime wedges, shredded cheese*

Instructions: In a large Dutch oven or heavy pot, heat oil until hot. Add onion and garlic; stir. Cook on medium-high heat for 3 minutes or until tender. Add bell peppers, chili powder, cumin, and paprika; stir 2 minutes on medium-high heat. Increase to high heat and stir in crushed tomatoes with juice, shredded chicken, black beans, and broth. Bring to a rapid boil. Immediately cover and reduce heat to simmer for 10 minutes. Serve with optional toppings, as desired. Cover and refrigerate chili for no more than 3-4 days. (In fact, flavor intensifies wonderfully the next day.)

Yield: 4 servings

Nutrition Facts (per serving): 290 calories, 9 grams fat, 800 milligrams sodium, 34 grams carbohydrate, 10 grams fiber, 22 grams protein