

Chili with "Catatude"



Makes 4 servings

1 1/4 pound chicken
breast, boneless, skinless,
cut into 1" cubes

2T olive oil

2 jalapeno peppers,
minced

2 large onions, diced

1 green bell pepper, diced

1 red bell pepper, diced

12 baby carrots, diced

2 garlic clove, minced

3T all~purpose flour

1t organo, dried

1t cumin

2c chicken broth

2 ~ 15oz cans white
beans, do not drain

1/2c cheddar cheese,
shredded

1/4c cilantro, chopped

In large pot sauté chicken in olive oil until lightly browned. Add jalapeno, onion, bell peppers, carrots and garlic. Cook 3~5 minutes or until vegetables are slightly softened.

Add flour, oregano and cumin. Cook 1 minute, stirring constantly, to incorporate the flour. Add chicken broth and simmer, covered, 30 minutes.

Stir in undrained beans and simmer 10 minutes. Garnish with cheese and cilantro.

Prepare Ahead Tip

Freeze chili. Thaw overnight in refrigerator day before consumption. Reheat on stovetop and garnish with cheese and cilantro.