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Chicken Chili

INGREDIENTS

- 1 tbsp. olive oil
- 2 cups cooked chicken breast, cubed
- 2 cups chicken broth
- 1 large onion, chopped
- 2 large cans chopped green chilies
- 2 cans cannelloni beans
- 6 garlic cloves, chopped
- 1 large jar of salsa
- 1 tsp. each cumin, oregano and tarragon
- $\frac{1}{8}$ tsp. - $\frac{1}{4}$ tsp. cayenne pepper
- 1 can white corn

PREPARATION

In a large soup pot sauté the onions and garlic in the oil until tender. Stir in the spices and cook 1 minute. Add the remaining ingredients and simmer for 1 hour. Makes 10 cups.

NUTRITION

Per 1 cup serving

Per serving: 175 calories; 4g fat; 5g fiber

