

Chicken & Black Bean Chili

This recipe was adapted from a recipe called "Man to Man Black Bean Stew" created by Cynthia Lair, instructor at Bastyr University and author of Feeding the Whole Family.

- 2-3 teaspoon extra-virgin olive oil
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 tablespoon Mexican seasoning
- 1 lb ground chicken or turkey (ground chicken thigh is the most flavorful, but is not always available). You can also combine it with chicken sausage (nitrate-free).
- 2 cups canned black beans, drained and rinsed
- 2 teaspoons sea salt
- 1 cup chopped tomatoes
- Red pepper flakes, to taste (if desired)
- 1-2 cups chicken or vegetable stock
- 1 cup frozen (or fresh) corn kernels
- 1/3 cup chopped cilantro
- 2 limes, cut into wedges

Heat oil in large soup pot. Add onion, garlic, cumin and Mexican seasoning and sauté until onions are soft. Add ground chicken or turkey and break apart with a fork or heat-resistant spatula until meat is in small pieces and is combined with onion mixture. Cook until meat is just browned. Add beans, salt, tomatoes and red pepper flakes (if desired), then add 1 to 2 cups of stock, adding less liquid for more solid chili and more for a saucier chili. Cook for 10-20 minutes. Stir in corn and cilantro. Serve garnished with lime and sprinkled with fresh cilantro.

Servings: 6 - 8

Prep time: 30-40 minutes