



early childhood community development centre

20-Minute Chicken Chili

Makes 4 servings

Ingredients

- 1lb (500 g) boneless skinless chicken breasts
- 1 tbsp (15ml) vegetable oil
- 1 onion, chopped
- 1 sweet green pepper chopped
- 1 tbsp (15ml) chili powder
- 2 tsp (10 ml) dried oregano
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) pepper
- 1 can (28 oz/796 ml) diced tomatoes
- 1 can (19 oz/540ml) black or kidney beans, drained and rinsed
- ½ cup (125 ml) corn kernels

Directions

1. Trim any fat from chicken breasts; cut into 1-inch (2.5 cm) cubes. In a large heavy saucepan, heat oil over medium-high heat; cook chicken for about 5 minutes or until no longer pink inside. Transfer to plate.
2. Add onion, green pepper, chili powder, oregano, salt and pepper to pan; cook over medium heat, stirring often, for about 5 minutes or until vegetables are softened.
3. Add tomatoes and beans; increase heat and boil, stirring often, for 10 minutes. Add corn. Return chicken to pan; heat through.

Source: Recipe by The Canadian Living Test Kitchen.
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