

Saint Paul Public Schools' Chicken Chili

Try this new twist on an old classic. Using chicken in this recipe boosts the protein while keeping the fat and saturated fat lower than a traditional recipe. Also, by rinsing the beans, using low sodium canned tomatoes and chicken base, and adding lots of colorful fresh veggies, this is a low sodium, high potassium, heart-healthy dish! Try pairing it with whole grain tortilla chips.

YIELD

Ten 3/4-cup servings



INGREDIENTS

- 1 1/2 cups diced, cooked chicken
- 2 15-ounce cans Great Northern beans, drained and rinsed
- 1 15-ounce can low-sodium diced tomatoes, undrained
- 1 teaspoon low-sodium chicken base or chicken bouillon
- 1 1/2 cups hot water
- 3/4 cup diced onions
- 1/3 cup diced green pepper
- 3/4 cup diced red pepper
- 2 tablespoons minced garlic
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/8 teaspoon ground white pepper

DIRECTIONS

- Combine diced, cooked chicken, drained beans, and undrained tomatoes in a large sauce pan
- Add the chicken base or bouillon to the hot water; stir well to combine and add to sauce pan
- Bring sauce pan to a simmer over medium heat
- Add the rest of the ingredients and stir to combine
- Cover and simmer over low heat until vegetables are tender

NUTRITIONAL INFORMATION PER 3/4 CUP SERVING

CALORIES 136
TOTAL FAT 1.51 g
CARBS 19.64 g
SODIUM 146 mg
CHOLESTEROL 20 mg
FIBER 4.79 g



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Eating healthy never tasted so good.