

CHICKEN CHILI

UTENSILS:

4 Quart Dutch Oven and Large Skillet

INGREDIENTS:

3 Breasts of Chicken

1 Can Light Red Kidney Beans

1 Can Dark Red Kidney Beans

½ Bag Frozen Corn

1 Pkg McCormick Chili Seasoning

2, 32 oz Cans Chicken Broth

1 large Can Crushed Tomatoes (or 2 cans Rotel tomatoes for an extra kick)

GARNISH: Sour Cream & Shredded Cheddar Cheese

SERVING: may be served with tortilla chips or over macaroni noodles

DIRECTIONS:

Chicken: Preheat Large Skillet on Medium Heat. Sear chicken to bottom of the skillet and cover. Cover, whistle open; when the whistle sounds, uncover and flip the chicken. Cover and reduce temperature to low. Allow to cook 10-15 minutes longer. When chicken is done, cube in the chicken in the skillet and toss with chili seasoning and saute for 5-6 minutes.

Chili: In Dutch oven, combine all ingredients. Cover and cook on Medium heat until water bubbles form around the lip of the pan. Reduce heat to low and allow to simmer for at least one hour before serving.

Top with Sour Cream and Cheddar Cheese

Serve with Tortilla Chips or for something different, serve over Macaroni

