

Chicken Chili with Corn



Makes:

6 servings, approximately 1 $\frac{1}{2}$ cups each

Utensil:

Saladmaster Food Processor
4 Qt./3.8 L Roaster with Cover

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Recipe Description:

Try this unique chili with the rich and hearty taste. Nutritious and delicious and as easy as pie, when the compliments start rolling in you don't need to mention that this is almost zero fat!

18
ounces
boneless, skinless chicken breasts, cut into 1-inch cubes
(510
g)
1
cup
onion, approximately 1 large onion, sliced, use Cone #4
(160
g)
1
tablespoon
smoked paprika
(7
g)
1 $\frac{1}{2}$
teaspoons
oregano
(3

g)
2
teaspoons
chili powder
(5
g)
1
teaspoon
ground cumin
(3
g)
1
teaspoon
garlic powder
(3
g)
 $1\frac{1}{4}$
teaspoon
crushed red pepper
(1
g)
15
ounces
black beans (drained and rinsed if using canned)
(425
g)
15
ounces
great Northern beans (drained and rinsed if using canned)
(425
g)
 $14\frac{1}{2}$
ounces
diced tomatoes, with juice
(411
g)
1
cup
chicken broth
(240
mL)
1
cup
corn
(164
g)

Directions:

1. Preheat roaster over medium heat. When several drops of

water sprinkled on pan skitter and dissipate, add chicken and reduce heat. After approximately 30 seconds stir chicken and add onion. Stir until chicken is browned, approximately 6 - 8 minutes. Drain off any fat.

2. Add spices to chicken and mix well.
3. Stir in remaining ingredients and cover. When Vapo-Valve? clicks reduce heat to low and simmer for 20 minutes. Serve.

Tips:

- Use fire-roasted tomatoes for more flavor.
- The smoked paprika is what creates the very delicious and distinctive taste - don't substitute this essential ingredient.

Nutritional Information per Serving

Calories:

328

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

49mg

Sodium:

319mg

Total Carbs:

44g

Dietary Fiber:

12g

Sugar:

4g

Protein:

34g