



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Black Bean and Chicken Chili

Welcome fall with this easy, healthy chili featuring fresh veggies, spices, rotisserie chicken, and fiber-rich black beans.

INGREDIENTS

- 2 tablespoons cooking oil
- 1 clove chopped garlic
- 1 large diced onion
- 1 diced green bell pepper
- 1 diced red bell pepper
- 1 diced jalapeño
- 2 (15 ounce) cans drained and rinsed black beans or kidney beans
- 2 (15 ounce) cans diced tomatoes
- Shredded meat from 1 rotisserie chicken
- 1 (15 ounce) can corn, drained
- 2 cups chicken broth or water
- 3 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon black pepper
- 1 (8 ounce) can tomato paste
- Salt to taste

Optional Toppings

- Green onions, low-fat sour cream, jalapeños, hot sauce

INSTRUCTIONS

1. Add oil to a large pot over medium heat.
2. Add garlic, onion, peppers, and jalapeño Sauté for 2–3 min.
3. Stir in black beans and tomatoes. Cook 5 minutes.
4. Add chicken, corn, broth, chili powder, cumin, black pepper, and tomato paste. Bring to a boil, then reduce to a simmer for 10 minutes, or until fragrant.
5. Salt to taste. Divide into bowls and serve.



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