



## Kal's Chicken Chili

Prep time: 30 minutes

Cooking time: 1 hour

Servings: 10-12

(Kal always starts his recipes with the prep time, cooking time, and number of servings. He's more top of his game than me!)

### Ingredients:

- 1 Tbsp extra virgin olive oil
- 2 whole chipotle peppers in adobo sauce (canned)
- 4 cloves garlic, peeled and chopped
- 2 jalapeno peppers, seeded then finely chopped
- 1 green pepper, seeded and diced  $\frac{1}{3}$  inch
- 2 poblano peppers, diced (when I made this recently the poblanos were almost as big as my hand so I used just one)
- 1 brown skinned onion, peeled and chopped
- 2 lbs ground chicken
- 2 tsp sea salt
- 1 tsp ground cumin
- 3 Tbsp chili powder
- 2 15-ounce cans of cooked beans such as garbanzo, pinto or kidney. Rinse and drain. OR 3  $\frac{1}{2}$  cups freshly cooked beans in their cooking liquid.
- 1 28-ounce can diced tomatoes in juice
- 1 14-ounce can tomato sauce
- 1 6-ounce can tomato juice
- 1 cup diced fresh tomatoes

Toppings you might like for the chili: chopped cilantro, sour cream, shredded cheese, pickled onion, hot sauce -- the sky's the limit.

### Instructions:

In a large soup pot, heat oil, brown chipotle peppers whole for three minutes, turning them over halfway through. After the time is up remove them and discard the chilis but leave the oil and any brown stuff on the bottom of the pan.

Before you cut or seed the fresh peppers, put on disposable kitchen gloves or you'll get nailed if your hands accidentally touch your eyes. You do NOT want that to happen.

I cheated here and coarsely chopped then put the garlic, onion, and all the peppers in my Nutribullet to pulse instead of chopping them by hand. Really, it turned out fine and saved me tears and time. Add the chopped garlic, onion, chopped peppers and raw ground chicken and cook, stirring, until chicken is browned. Reduce heat to medium, add salt, cumin, and chili powder, stirring until soft, about six minutes. Add the beans, tomatoes, tomato sauce and tomato juice and simmer, covered, for 30 minutes. Taste the chili and add more salt and chili powder if you like - I always do.

Ladle into bowls, garnish as you wish and enjoy. Homemade corn bread drizzled with honey is a wonderful accompaniment to this chili...just sayin'.

### Serving suggestions for the leftovers:

- Combine chili with frozen peas and corn and carrots, and top with mashed potatoes for a sort of shepherd's pie.
- Try a poached egg on top!
- I love making twice baked potatoes, scooping out some of the potato and replacing it with chili
- Use chili to fill omelets
- And so forth and so on!