

Eat Well Recipe Chicken and Corn Chili

1 large onion, chopped	1 can diced tomatoes & jalapenos
1 lb. boneless, skinless chicken breasts	1-1/2 c. frozen corn, thawed
2 cups low-sodium chicken broth	2 cans (15 oz) cannellini beans
1 green pepper, seeded and chopped	2 tbsp stone-ground cornmeal
1-3/4 tsp ground cumin	Monterey Jack cheese, shredded
1/2 tsp cayenne pepper	3/4 tsp salt

In a slow cooker, combine onion, chicken, low-sodium broth, green pepper, jalapeno, 1-1/2 teaspoons of the cumin, 1/4 teaspoon of cayenne and 1/3 salt. Cook on high for 4 hours or low for 6. Shred the chicken and return it to the slow cooker and add remaining 1/4 teaspoon each of the cumin and cayenne, tomatoes, corn, and beans. Gently mash some of the beans to thicken chili. Stir in cornmeal and the remaining 1/2 tsp salt. Let sit a few min. Serve with Monterey Jack Cheese.

This recipe is provided by SHS Wellness Programs.

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