

## CHICKEN CHILI

### Ingredients

2 tbsp. vegetable oil  
3 large onions, diced (2 cups)  
1 red bell pepper, diced  
6 garlic cloves, minced  
2 lbs diced chicken thighs  
3 tbsp. chili powder  
1 tbsp. ground cumin  
2 tsp. ground coriander  
1/4 tsp. red pepper flakes  
1 tsp. dried oregano  
1/8 tsp. cayenne pepper  
2 tsp. salt  
2 (28 oz.) cans chopped or diced tomatoes  
2 cups chicken broth  
1 tsp. sugar  
1 (15 oz.) choice of canned beans, drained and rinsed

### DIRECTIONS

Heat the oil in a large pot over medium heat. Add the onions and red bell pepper and cook, stirring frequently, until softened, 8 to 10 minutes. Add the garlic and cook, stirring to prevent garlic from burning, about two minutes more.

Increase the heat to medium-high. Add the chicken, chili powder, cumin, coriander, red pepper flakes, oregano, cayenne

pepper, and salt. As the chicken cooks, break the meat into very small clumps; cook until no longer pink, about 5 minutes.

Add the tomatoes, chicken broth, and sugar. Bring to a boil, then reduce the heat to low and simmer, partially covered with lid ajar, for about one hour, stirring occasionally.

Stir in the beans and simmer, uncovered for about 50 minutes more, or until the meat is tender and the flavors are well combined. For a soupier chili, you can add additional water. For a thicker chili, simmer uncovered until desired consistency is reached. Salt to taste