

CHICKEN CHILI

2 tablespoons vegetable oil
3 large onions, diced (2 cups)
1 red bell pepper, diced
6 medium garlic cloves, minced
2 pounds diced chicken thighs
3 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons ground coriander
¼ teaspoon red pepper flakes
1 teaspoon dried oregano
⅛ teaspoon cayenne pepper
2 teaspoons salt
2 (28 oz.) cans chopped or diced tomatoes
2 cups chicken broth
1 teaspoon sugar
1 (15 oz.) can Cannellini 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, use a wooden spoon to 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