

Chicken-Bean Chili



Ingredients

- 3 TB extra virgin olive oil
- 1 onion, chopped
- 5 garlic cloves (chopped) or 1/4 tsp garlic powder
- 3 (4 oz) cans of chopped mild green chiles
- 2 tsp cumin
- 2 tsp onion powder
- 1 tsp dried oregano
- 1/8 tsp ground cayenne
- 2 pounds boneless, skinless chicken thighs
- 3 cups broth (chicken or vegetable)
- 2 (14 oz) cans of beans (choose black, pinto, kidney, and/or navy), drained and rinsed
- 1 1/2 cups frozen corn
- 1 bunch cilantro, chopped (optional)
- Toppings: sliced scallions, sour cream, sliced avocado, pickled jalapeños.

Yield: 6-8 servings

Recipe adapted from [New York Times Cooking](#)

Directions

For both Stove-Top and Slow Cooker

1. Heat the olive oil in a medium-sized pot over medium heat. Add the onion, and cook, stirring occasionally until it softens, about 6-8 minutes. Add the garlic, cook 1 minute. Add the chopped green chiles, cumin, onion powder, oregano, and cayenne. Stir to combine, then heat for 1 minute. Proceed to the stovetop or slow cooker version for remaining steps.

Stove-Top

2. Add chicken thighs, broth and beans to pot. Bring to a boil. Reduce the heat, cover and cook on medium-low heat until the chicken is tender, about 35 minutes.
3. Shred the chicken using two forks (directly in the pot). Stir in the frozen corn, cover and cook for another 10 minutes.
4. Stir in cilantro (if using). Serve in bowls and pass the toppings at the table.

Slow Cooker:

2. Add chicken thighs, broth and beans to slow cooker. Bring to a boil. Cover and cook on low setting until the chicken is tender, about 4-6 hours.
3. Shred the chicken using two forks (directly in the slow cooker). Stir in the frozen corn, cover and cook for another 10 minutes.
4. Stir in cilantro (if using). Serve in bowls and pass the toppings at the table.