

## Melissa's White Chicken Chili with Pinto Beans and Chickpeas

Yield: 6 servings

I'm always tweeking this so this is just the basic recipe.

- 1 tablespoon olive oil
- 2 chicken breasts, thinly sliced
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon cumin
- salt
- 2 cups chicken broth
- 1 - 2 tablespoon chili powder
- 1 (4 ounce) can green chili peppers, chopped
- 1 can pinto beans (15 oz each), undrained
- 1 can chickpeas (garbanzo beans) (15 oz)
- 1 can (15 oz) corn, drained
- 1 can refried pinto beans (15 oz) or 1 extra can great northern beans, pureed
- 1 cup shredded Cheddar or Mexican cheese
- 4 chopped green onions

1. Heat the oil in a large soup pot over medium heat. Add the sliced chicken breasts, chopped onion, minced garlic, 1/2 teaspoon cumin and salt to taste, and saute on medium heat for about 5 minutes, constantly stirring, until onion is soft and meat is no longer pink. Cut up the cooked chicken into even thinner slices so that it looks like it's shredded.
2. Add chicken broth, green chili peppers, remaining cumin (1/2 teaspoon), 1 tablespoon chili powder, pinto beans, garbanzo beans, corn, and refried pinto beans. Stir everything well, making sure refried pinto beans are evenly incorporated in the chili, making it thick. If you don't have a can of refried beans, use an extra 1 can (15 oz) of pinto beans (or any white bean), pureed. The idea of adding refried beans or pureed beans is to thicken the chili. Add more chili powder if needed.
3. Bring to boil, make sure to stir all ingredients well together to combine flavors and spices. Reduce to simmer and cook for 15 minutes on simmer, constantly stirring, until the chili thickens.
4. Garnish with cheese, onions, Greek yogurt or avacodo.

## Kim's Chili

1/2 onion

3 each of red, yellow, and orange mini peppers

1 broccoli crown

Garlic

Cilantro

Carrots

Chop all of fresh veggies and sauté with pepper, chill powder, crushed red pepper, and salt just till onions turn translucent add to chill pot,

In same pan cook meat with more spices to taste

1/4 lb ground pork

1/4 lb mild Italian sausage

1/2 lb lean ground beef

Drain meat add to chili pot

6 to 8- 15oz cans of beans

I added 1 of each, Lt Kidney, Dk Kidney, Pinto, Cannellini, Black Beans, Great Northern, Garbanzo

2 - 14.5 oz cans petite diced chili tomatoes

1- 28 oz can whole tomatoes sauced with emulsion blender

Leave Chili to simmer

Serve with fresh chopped onions and Shredded Cheese

## VEGETARIAN CHILI

Lisa Gerdes

2 Med Onions Chopped

1 Red Pepper Chopped

1 Green Pepper Chopped

5 Roma Tomatoes Diced

1 Tbs olive oil (used to saute')

Use salt free of these next 5 ingredients:

2 29oz cans tomato sauce

2 cups cooked quinoa

2 cans dark kidney beans

1 can pinto beans

1 can chile beans

2 quarts tomato juice-salt free if available

1/2 Tsp garlic powder (or 2 cloves minced)

3 Tsp chili powder

1/2 tsp salt

1/2 tsp cumin

In large pot: Saute' 1st 4 ingredients for about 3 to 5 minutes. Add next 5 ingredients.

Then add tomato juice to thickness you desire. Stir in seasonings bring to a simmer.

Let simmer 2 to 3 hours or put in a crock pot on low. Add more chili powder if desired.

## **Chelsi's Vegetarian Chili**

4 cans tomato sauce

1 large onion, chopped

1 bag vegetarian 'meat' crumbles

2 T. chili powder

1 T. black pepper

½ t. cinnamon

½ t. nutmeg

1 can pinto beans

1 small square ghiradelli chocolate

Saute onion and veggie crumbles. Mix all ingredients in crockpot and place on high for 3 hours.

## **Tracy's Chicken Fajita Chili**

2 large chicken breasts

Rub with one packet Tastefully Simple Fiesta Party seasoning packet and bake and cut into cubes.

32 ounces chicken broth

16 ounces 4-cheese Ragu

48 ounce jar great northern beans

15 ounce can black beans

4.5 ounce can green chiles

Combine all of the above and heat.

1 large onion , diced

Assorted bell peppers, diced

One packet fajita seasoning.

Heat 2 T. olive oil, saute veggies with cubed chicken until veggies are tender. Add ¼ c. water and fajita seasoning. Cook 5-10 minutes.

Combine all ingredients in large crock pot and cook for 3 hours.