

# Easy Chicken Skillet Chili

All the lip-smacking flavors of beef chili but WITHOUT the mega-doses of saturated fat and sodium.

Course: Lunch, Main Course, Main Dish    Cuisine: Poultry    Yield: 8 people

## Materials

- 2 teaspoons cumin ground
- 2 teaspoons chili powder
- canola oil cooking spray
- 2 tablespoons garlic minced
- 2 cups onions diced
- 2 cups green bell peppers diced
- 2 jalapeno peppers stems, veins, and seeds removed, chopped
- 1.5 pounds chicken (skinless boneless) cut into chunks
- 2 cups pinto beans cooked and drained
- 2 teaspoons oregano (dry leaves)
- 4 cups tomatoes chopped and stewed (no salt added)
- 2 tablespoons tomato paste
- 2 tablespoons natural rice vinegar
- 1/2 cup water
- tomatoes (optional) chopped
- green onions (optional) chopped
- sour cream (nonfat) (optional)

## Instructions

1. Heat a large nonstick skillet over medium-high heat.
2. Place the cumin and chili powder in the pan and briefly swirl them around so they are toasted, about 30 seconds. Do not allow them to burn.
3. Place them in a small bowl and set it aside. Allow the pan to cool.
4. Spray the pan with canola oil cooking spray and place back on the stove at medium-high heat.
5. Sauté the garlic, onions, and peppers until golden, about 3 minutes.
6. Add the chicken and sauté for another 3 minutes.
7. Add the rest of the ingredients, including the toasted spices, and stir together.
8. Increase the heat to high and bring to a boil; decrease the heat and simmer until the chicken is done, about 10 minutes.
9. Serve this chili with chopped tomatoes, chopped green onions, and nonfat sour cream on top, or optional as condiments.