Apple Corn Chili

For those who like to combine and experiment with different flavors, this recipe will delight you.

Makes: 4 servings

Source: choosemyplate.gov recipe - apple corn

CIIII

Ingredients

- · 2 tablespoons olive oil (divided)
- 8 ounces of chicken breasts. Skinless and boneless (cut into medium cubes)
- 1 medium onion (chopped)
- 2 garlic cloves (ground)
- 1-15.2ounces canned corn (unsalted, drained)
- 2 red apples (chopped, peeled)
- 1/2 tablespoons of ground cumin
- 1/8 teaspoons cayenne pepper (optional)
- 1-15 oz. Canned black beans (unsalted, drained and washed)
- 4 1/2 ounces diced green chilies
- · 2 cups of water

Utensils Needed

Knife

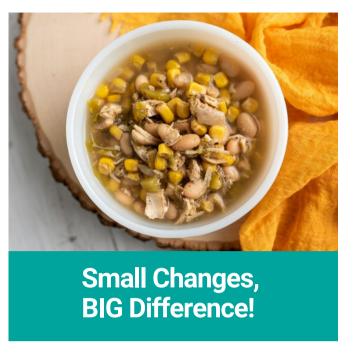
- Spoon
- Cutting Board

Large Saucepan

· Measuring Utensils

- Bowl
- DOWI





Click image to watch the recipe video







Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	360
Total Fat:	<u>11 g</u>
Saturated Fat:	<u>3 g</u>
Cholesterol:	35 mg
Sodium:	140 mg
Total Carbohydrates:	<u>9 g</u>
Dietary Fiber:	<u>9 g</u>
Total Sugars:	<u>15 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>20 g</u>



RECIPE

Directions

- In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes).
 Remove chicken from pan.
- 2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
- 3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
- 4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
- 5. Add browned chicken, black beans, chiles, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.



SHOPPING LIST

Average total cost without oil and seasonings: \$8.71

Average cost/serving: \$2.18

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients





RECIPE LOG

My Cooking Notes

