

# 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](http://choosemyplate.gov) recipe - apple corn chili

## 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)
- 1-15.2 ounces 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
- Cutting Board
- Bowl
- Large Saucepan
- Spoon
- Measuring Utensils
- Plate/dish



Small Changes,  
BIG Difference!

Click image to watch the recipe video



### Nutrition Information

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

## Directions

1. 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

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

## Ingredients



Add 1 to Cart  
Yellow Onion (20 oz avg)



Add 1 to Cart  
Fresh Chicken Breast - Boneless



Add 1 to Cart  
Fresh Garlic Bulb (4 oz avg)



Add 1 to Cart  
ShopRite Golden Corn - Sweet Whole  
Kernel 15.25 oz



Add 2 to Cart  
Gala Apple (8oz avg)



Add 1 to Cart  
Black Beans 15 oz



Add 1 to Cart  
CHI-CHI'S FOODS Diced Fiesta  
Green Chilies 4.25 oz

**My Cooking Notes**

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