

Apple Corn Chili

This thick and flavorful chili makes for a perfect weeknight meal! Savory black beans pair with apples and sweet corn for an unexpected twist!

Makes: 4 servings
Total Time: 25-30 min

Source: Fruits and Veggies More Matters

Ingredients

- 2 cups shredded chicken
- 1 medium white onion, chopped
- 2 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 1 (15 oz.) can yellow corn, drained
- 2 medium apples, chopped (skin on)
- 1 (15 oz.) can black beans low-sodium, rinsed
- 2 cups low-sodium chicken broth
- ½ tablespoon ground cumin
- ¼ teaspoon chili powder
- Salt and pepper to taste

Optional toppings

- ¼ cup reduced-fat sour cream
- ¼ cup fresh parsley, chopped

Directions

1. Heat olive oil in a large pot over medium heat. Add the onion and garlic and sauté until softened, about 2-3 minutes.
2. Add corn and apples and cook until lightly browned. Stir in cumin and chili powder and sauté for 1-2 minutes until fragrant.
3. Puree half the mixture in food processor or blender, along with one cup of broth.
4. Pour mixture back into pot and add chicken, black beans, and remaining broth.
5. Bring to a boil and simmer about 15 minutes.
6. Ladle soup into bowls and add toppings as desired. Enjoy!



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1.5 cup	
Nutrients	Amount
Calories:	360 g
Total Fat:	11 g
Saturated Fat:	3 g
Cholesterol:	35 mg
Sodium:	145 mg
Total Carbohydrates:	48 g
Dietary Fiber:	9 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	20 g

Utensils Needed

- Cutting board
- Sharp knife
- Cutting board
- Large pot
- Blender or food processor

SHOPPING LIST

Average total cost without oil and seasonings: \$9.91

Average cost/serving: \$2.48

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

<input type="checkbox"/>		Add 1 to Cart Chicken breast/tenders or canned chicken (1 lb)	<input type="checkbox"/>		Add 2 to Cart Apples
<input type="checkbox"/>		Add 1 to Cart White Onion	<input type="checkbox"/>		Add 1 to Cart Canned corn
<input type="checkbox"/>		Add 1 to Cart Garlic	<input type="checkbox"/>		Add 1 to Cart Canned black beans, low/no sodium
<input type="checkbox"/>		Add 1 to Cart Chicken Broth, Unsalted			

My Cooking Notes

SAVE TIME, SAVE MONEY

Recipe Tips:

- This recipe can easily be made vegetarian by omitting the chicken and using vegetable broth. Try adding extra beans or tofu for a veggie protein boost!
- Nutrition facts do not include chili toppings.
- Try topping with shredded cheese or a dollop of plain yogurt!