

Chunky Chicken Chili

Take advantage of a fresh herb called cilantro (fresh coriander) to add flavor to this quick and tasty chili. Cilantro goes well with many Mexican dishes, from adding to taco salad to Pico de Gallo.

- 1 pound chicken breasts (3 medium) , boneless and skinless
- 1 14.5 ounce can diced tomatoes with green pepper and onion
- 1 cup fat free, reduced sodium chicken broth
- 1 tablespoon chili powder
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon black pepper
- 1 15 ounce can black beans, rinsed and drained
- 1 15 ounce can whole kernel corn, rinsed and drained
- 1/4 cup fresh cilantro, chopped
- 1/4 cup green onions, chopped

Cut chicken into 1/2 inch cubes. Combine chicken, undrained tomatoes, chicken broth, chili powder, salt and pepper in a 3-quart saucepan. Cook over Medium heat 8 minutes or until chicken is done. Add black beans, corn and cilantro. Bring to a boil. Reduce to Medium-Low heat and simmer 5-7 minutes until heated through. Serve in individual bowls and garnish with green onions. Optional garnishes are; diced avocado, diced radishes, and shredded low fat cheese.

Servings: 4

Yield: about 1 cup

Ready in: 25 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	266.10
Calories From Fat (8%)	22.22
	% Daily Value
Total Fat 2.62g	4%
Saturated Fat 0.52g	3%
Cholesterol 17.11mg	6%
Sodium 1376.47mg	57%
Potassium 1039.32mg	30%
Carbohydrates 45.49g	15%
Dietary Fiber 12.57g	50%
Sugar 9.74g	
Sugar Alcohols 0.00g	
Net Carbohydrates 32.92g	
Protein 19.04g	38%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 pound chicken breasts (3 medium) , boneless and skinless	1 x 1/2 breast, bone and skin removed of Chicken, broilers or fryers, breast, meat only, raw
1 14.5 ounce can diced tomatoes with green pepper and onion	1 x 1 can, 15 oz (303 x 406) of Tomato products, canned, sauce, with onions, green peppers, and celery
1 cup fat free, reduced sodium chicken broth	1 x 1 cup of Soup, SWANSON Chicken Broth 99% Fat Free
1 tablespoon chili powder	1 x 1 tablespoon of Spices, chili powder
1/2 teaspoon salt (optional)	0.50 x 1 teaspoon of Salt, table
1/2 teaspoon black pepper	0.50 x 1 teaspoon of Spices, pepper, black
1 15 ounce can black beans, rinsed and drained	1 x 1 can (19.5 oz) of Beans, black, mature seeds, cooked, boiled, with salt
1 15 ounce can whole kernel corn, rinsed and drained	1 x 1 can (12 oz) yields of Corn, sweet, yellow, canned, whole kernel, drained solids
1/4 cup fresh cilantro, chopped	0.25 x 1 cup of Cilantro (Chinese parsley), raw
1/4 cup green onions, chopped	0.25 x 1 cup, chopped of Onions, green, spring or scallions (includes tops and bulb), raw

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