

# CHICKEN CHILI

## WITH SWEET POTATOES

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups cubed sweet potato (1/2-inch)
- 1 medium green bell pepper, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 (15 ounce) can low-sodium cannellini beans, rinsed
- 1 jalapeno, chopped (optional)
- 2 cups low-sodium chicken broth or homemade chicken stock
- 1 cup frozen corn
- 2 cups cubed cooked chicken (1/2-inch; about 10 ounces)
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- Greek Yogurt, avocado, lime and/or cilantro for garnish

### DIRECTIONS

#### Step 1

Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato, jalapeno and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute.

#### Step 2

Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.

#### Step 3

Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper (this will add a lot of flavor!) Serve topped with yogurt, avocado, a lime slice and/or cilantro, if desired.

### NUTRITION FACTS

Serving Size: About 1 1/2 Cups

324 calories; protein 26g; carbohydrates 34.9g; dietary fiber 7.8g; fat 9.8g; saturated fat 1.7g; cholesterol 48.2mg; vitamin a iu 8680.4IU; vitamin c 24.4mg; folate 29mcg; calcium 85.7mg; iron 3.4mg; magnesium 87.2mg; potassium 792.6mg; sodium 569.6mg; thiamin 0.5mg.



**Wisconsin Athletic Club**

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