

## **Delicious Summer Chili**

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Cool off this week with a fresh chili, made with vegetables straight from your garden. Featuring corn, peppers, onions and fresh cilantro, this summer dish is built on light broth base rather than the heartier tomato version. Black beans provide B-vitamins and essential minerals like potassium, iron and magnesium. The fiber they contain has been shown to reduce cholesterol levels and may also play a role in reducing colorectal cancer risk.

### **Chicken and Black Bean Summer Chili**

2 Tbsp. extra virgin olive oil, divided  
1 1/2 cups finely chopped onion  
1 fresh red bell pepper, chopped  
1 lb. ground chicken breast (turkey may be substituted)  
1 cup corn kernels, fresh or frozen  
1 (4 oz) can green chile peppers, drained and chopped  
1 (15 oz) can reduced-sodium black beans, drained and rinsed  
1/2 tsp. chili powder  
1/2 tsp. cumin  
Salt and fresh ground pepper, to taste  
2 1/2 cups low fat, reduced-sodium chicken broth  
Dash of Tabasco sauce, optional  
2 Tbsp. cilantro, finely chopped (as garnish)

Use 4-quart pot over medium heat and heat 1 tablespoon olive oil. Add onion and bell pepper and cook until soft, about 5-6 minutes. Transfer bell pepper and onion to a plate and set aside.

Using same pot, heat remaining 1 tablespoon olive oil over medium-high heat. Add ground chicken (or turkey). Cook meat using a large cooking spoon or spatula to break up the meat until it starts to brown, about 8 to 10 minutes.

Add cooked onion and bell pepper, corn kernels, chopped chile peppers, black beans, chili powder, cumin, salt and pepper to taste. Stir well to combine ingredients, then add chicken broth. Bring chili to a boil, reduce heat and simmer for about 25 minutes. Serve in bowls and add dash of Tabasco and a sprinkle of cilantro on top, if desired.

Makes 5 servings.

Per serving: 260 calories, 7 g total fat (1 g saturated fat), 23 g carbohydrate, 28 g protein, 5 g dietary fiber, 350 mg sodium.