



One pot Chicken Chili

(Serves 4-6)

1 lb ground chicken

1 onion-diced

3 cloves of garlic, chopped

2-10oz cans of Rotel diced tomatoes and peppers, drained (mild or spicy)

1-15oz can of reduced sodium white cannellini beans, rinsed and drained

1 ½ cups of whole kernel corn (fresh, frozen or canned)

2 teaspoons Chili Powder

1 teaspoon Spanish paprika

½ teaspoon of Oregano

1/2 teaspoon of salt

1 teaspoon of ground cumin

2 Tablespoons of Olive Oil

Recommended garnish: Fresh Cilantro, Sour Cream, Cheddar Cheese, Avocado

In large stock pot, place over medium heat and add olive oil. Toss in onion, garlic and begin to soften. When onions are translucent (approx. 3-4mins) add ground chicken. Brown chicken until cooked through (approx. 4-5mins). Add in spices and continue to stir until meat and onions coated. Add Rotel, beans and corn to pot. Reduce heat to low and cover pot. Let simmer for 10-15mins.

On the Farm we like to serve this dish over cheese grits. We use whole milk to cook our stone ground grits (recommend Bob's Red Mill or other coarse ground corn grits) cook to package instructions. Once grits are cooked add 1 cup of grated cheddar cheese, stir until creamy. We like to place grits in the bottom of our bowl, add our chili on top and garnish with desired toppings.

We hope you enjoy this recipe as much as we do. Perfect after a busy day of work, a one pot meal to feed the whole family!