



## Chicken Chili with Black Beans and Corn

Makes 8 (1-cup) servings | Prep Time: 15 minutes | Cook Time: 30 minutes

### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1 cup chopped green bell pepper
- 1 cup chopped onion
- 1 tablespoon McCormick® Paprika
- 1 1/2 teaspoons McCormick® Oregano Leaves
- 1 teaspoon McCormick® Ground Cumin
- 1 teaspoon McCormick® Garlic Powder
- 1/4 teaspoon McCormick® Crushed Red Pepper
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) great Northern beans, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 cup chicken broth
- 1 cup frozen corn

### DIRECTIONS

1. Heat oil in large skillet on medium-high heat. Add chicken, bell pepper and onion; cook and stir 6 to 8 minutes or until chicken is lightly browned. Add paprika, oregano, cumin, garlic powder and red pepper; mix well.
2. Stir in remaining ingredients. Bring to boil. Reduce heat to low; simmer 20 minutes.



Generation Fresh



### **NUTRITION INFORMATION PER SERVING**

188 Calories, Fat 4 g, Carbohydrates 20 g, Cholesterol 37 mg, Sodium 413 mg, Fiber 6 g, Protein 18 g

### **EASY AND HEALTHY SWAP TIPS**

Additional healthy swaps that can be used to increase health benefits.

1. Use no salt added tomato products.  
*Saves 75 mg Sodium per serving.*
2. Consider trying no salt added canned beans.
3. Substitute reduced sodium chicken broth.  
*Saves 40 mg Sodium per serving.*



Generation Fresh