



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Apple Corn Chili***

#### **Ingredients:**

- 2 tablespoons olive oil (divided)
- 8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 15 ounces canned yellow corn (no-salt-added, drained)
- 2 red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)
- 1/2 tablespoon ground cumin
- 1/8 teaspoon cayenne pepper (if desired)
- 15 ounces canned black beans (no-salt-added, drained and rinsed)
- 4 1/2 ounces canned diced green chiles (drained)
- 2 teaspoons chicken bouillon (sodium-free)
- 2 cups water

#### **Directions:**

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black beans, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 degrees Fahrenheit.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

Serves 4

*Nutrition: 360 calories, 11 g fat, 48 g carbohydrate, 20 g protein, 140 mg sodium*

*Source: What's Cooking? USDA Mixing Bowl*