

White Bean and Chicken Chili

Prep time: 10 minutes

Cooking time: 1 hour and 15 minutes

Serves: 6

Ingredients

2 Tbsp. avocado oil
1 large onion chopped
4 cloves minced fresh garlic
2 lbs. ground chicken (organic, pasture raised)
1 tsp. sea salt, plus more for seasoning
2 Tbsp. ground cumin
1 Tbsp. fennel seeds
1 Tbsp. dried oregano
2 tsp. chili powder
3 Tbsp. gluten free flour (Pamela's Artisan Blend)
2 (15 oz. cans) organic cannellini or other white beans, rinsed thoroughly and drained (BPA free can)
1 bunch (about 1 lb.) Swiss chard, stems removed, leaves chopped into 1" pieces
1½ cups frozen organic corn, thawed
4 cups low sodium organic chicken stock/broth
¼ tsp. crushed red pepper flakes
Freshly ground black pepper for seasoning
½ cup grated parmesan cheese (fresh grated, not packaged)
¼ cup chopped fresh flat-leaf parsley

Directions

1. In a large heavy bottomed saucepan or Dutch oven, heat the oil over medium heat.
2. Add the onion and cook until translucent, about 5 minutes
3. Add the garlic and cook for 30 seconds.
4. Add the ground chicken, 1 tsp. sea salt, cumin, fennel seeds, oregano and chili powder. Cook, stirring frequently, until the chicken is cooked through, about 8 minutes.
5. Stir the flour into the chicken mixture.
6. Add the beans, Swiss chard, corn and chicken stock. Bring the mixture to a simmer, scraping up the brown bits clinging to the bottom of the pan with a wooden spoon.
7. Simmer for 55-60 minutes, until the liquid is reduced by half and the chili has thickened.
8. Add the red pepper flakes and simmer for another 10 minutes.
9. Season with sea salt and pepper to taste.
10. Ladle into serving bowls and sprinkle with parmesan cheese and chopped parsley.

