

Spring Chicken and White Bean Chili



INGREDIENTS

¼ cup Olive Oil	3 Tbls Chili Powder
1 ½ cup White Onion, chopped	½ tsp Cayenne Pepper
1 lg Green Bell Pepper, chopped	2 Tbls Cumin
1 lg Yellow Bell Pepper, chopped	½ Tbls black Pepper
1 Jalapeno Pepper, minced	1 tsp salt
6 Cloves Garlic, minced	2 Tbls Oregano, dried
½ Bunch Asparagus, diced	30 oz White Beans, drained (reserve juices)
2 lbs Boneless Skinless Chicken Breast, cut in ½" cubes	30 oz Canned Chopped Tomatoes
	½ cup Fresh Cilantro, rough chopped

PREPARATION

1. In large pot heat oil until very hot over medium-high heat. Add onion, peppers, garlic, and asparagus. Cook until slightly softened (about 5 minutes).
2. Add chicken and all spices and sauté until chicken is almost fully cooked through.
3. Add beans, chopped tomatoes and one cup of reserved bean liquid. Simmer for 25-30 minutes.
4. If chili seems to thick, add more reserved bean juice until it is to your liking.

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