

# VitaMin

Vital health information in a minute



Photo: Mary Britton Senseney/Wonderful Machine

## FAST CHICKEN CHILI

Yield: Serves 6 (serving size: 1 cup)

### Ingredients

- 1 tablespoon canola oil
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- 3/4 teaspoon salt, divided
- 1/2 cup vertically sliced onion
- 2 teaspoons minced fresh garlic
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground red pepper
- 3 cups no-salt-added canned cannellini beans, rinsed and drained
- 1 cup water
- 2 (4-ounce) cans chopped green chiles, undrained and divided
- 1 (14-ounce) can fat-free, lower-sodium chicken broth
- 1/4 cup cilantro leaves
- 1 lime, cut into 8 wedges

### Preparation

1. Heat a Dutch oven over medium-high heat. Add oil. Sprinkle chicken with 1/4 teaspoon salt. Add chicken; sauté 4 minutes. Add onion and next 5 ingredients; sauté 3 minutes. Add 2 cups beans, water, 1/2 teaspoon salt, 1 can chiles, and broth; bring to a boil.
2. Mash 1 cup beans and 1 can chiles in a bowl. Add to soup; simmer 5 minutes. Serve with cilantro and lime.

### Nutritional Information

Amount per serving

- Calories: 18 g
- Fat: 4.3 g
- Saturated fat: 0.5 g
- Monounsaturated fat: 1.8 g
- Polyunsaturated fat: 1 g
- Protein: 22.3 g
- Carbohydrate: 15.1 g
- Fiber: 4.8 g
- Cholesterol: 44 mg
- Iron: 2.6 mg
- Sodium: 624 mg
- Calcium: 67 mg

Source: Printed with permission of *Cooking Light*, September 2012

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