Chicken and White Bean Chili Karin Dunn

(Serves about 8 to 10)

Ingredients:

4 chicken breasts, with skin, on the bone

Olive oil

1 quart chicken stock

1 cup diced carrots

1 cup diced onion

2 cups diced red and/or green peppers

2 garlic cloves, finely chopped

1 jalapeño pepper, diced and seeded if you want a milder chili

1 18.75 oz. can of tomatillos, drained and chopped

2 14 oz. cans of diced fire roasted tomatoes

2 cans of diced green chilies

1 teaspoon dried oregano

1 ½ teaspoons ground cumin

3 cans of white beans, any kind (I used 2 small white beans and 1 garbanzo)

1 cup fresh or frozen corn

Salt and black pepper to taste

Directions:

Prepare the chicken breasts for roasting by washing and drying thoroughly, and place on a roasting pan. Drizzle with some olive oil, salt and pepper and roast in a preheated oven at 375 degrees for 30 minutes. Let cool, remove skin and shred the chicken breasts. Refrigerate until ready to use. (If you’re in a hurry, use a roasted chicken from the market, or substitute ground chicken or turkey breast for a really quick dinner).

In a large dutch oven, sauté the carrots, onion, peppers, garlic and jalapeño pepper until they are slightly cooked and become fragrant. Add the remaining ingredients and cook at a low simmer for about one hour. Add the chicken breasts and adjust the seasonings.

Serve with a choice of toppings, such as fresh cilantro, lime wedges, sour cream, pickled jalapeño, shredded sharp cheddar cheese, sliced green onion and tortilla chips.