

# Spicy Chicken Chili

## Ingredients:

- 1 tablespoon canola oil
- 1 cup chopped red onion
- 1 cup chopped green pepper
- 2 cloves garlic, finely chopped
- 2 jalapeños, thinly sliced
- 1-1/2 pounds ground chicken
- 1/4 cup chili powder
- 2 cups canned crushed tomatoes
- 1 tablespoon chicken stock
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon hot sauce
- 1 tablespoon salt
- 2 cans dark red kidney beans, drained
- To garnish: (optional)
  - Cilantro



## Directions:

1. In a large Dutch oven, heat canola oil over high heat. Add onion, pepper, jalapeños, and garlic. Cook over medium heat until the onion is tender (about five minutes.)
2. Add chicken — cook, stirring to break up lumps until the chicken loses its pink color (about five minutes). Stir in chili powder, and cook one minute.

3. Stir in tomatoes, broth, sugar, vinegar, hot sauce, and salt.  
Reduce heat to low; cover and simmer, stirring often until the chili is thickened (about 45 minutes.)
4. Stir in beans, cook until heated through, about 15 minutes.  
Uncover for the last 15 minutes of cooking.
5. Top with garnish of your choice, and enjoy!