Chicken Chili

Yield: 6 servings
Total Time: 2 hours

Ingredients
- 4 cups chopped yellow onions (3 onions)
- 3 Tablespoons olive oil or canola oil, divided
- 2 garlic cloves, minced
- 4 bell peppers, cored, seeded, and chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon dried red pepper flakes, or to taste
- ¼ teaspoon cayenne pepper, or to taste
- 2 28-ounce cans whole peeled plum tomatoes in puree, undrained
- ¼ cup minced fresh basil leaves or 4 teaspoons dried basil
- 1 pound chicken breasts or thighs
- Black pepper

Optional Toppings:
- Chopped onions
- Shredded reduced fat cheddar cheese
- Chopped avocado
- Fat free sour cream or Greek yogurt

Preparation Instructions
1. Cook the onions in 2 Tablespoons of the oil over medium-low heat for 10 to 15 minutes, until translucent. Add the garlic and cook for 1 more minute. Add the bell peppers, chili powder, cumin, red pepper flakes, and cayenne. Cook for 1 minute.
2. Crush the tomatoes by hand or in batches in a food processor fitted with a steel blade (pulse 6 to 8 times). Add to the pot with the basil. Bring to a boil, then reduce the heat and simmer, uncovered, for 30 minutes, stirring occasionally.
3. Preheat the oven to 350°F. Rub the chicken breasts with 1 Tablespoon of the oil and place them on a baking sheet. Sprinkle generously with salt and pepper. Roast the chicken for 35 to 40 minutes, until just cooked. Let cool slightly. Separate the meat from the bones and skin and cut it into ¾-inch chunks. Add to the chili and simmer, uncovered, for another 20 minutes. Serve chili with desired toppings.

Nutrition Analysis
Per Serving: 260 calories; 9g fat (1.5g saturated, 0g trans); 40mg cholesterol; 620mg sodium; 25g carbohydrate (6g dietary fiber; 13g sugar); 20g protein.
Vitamin A 35%, Vitamin C 190%, Calcium 10%, Iron 15% Daily Value.

Source: modified from www.foodnetwork.com