

Chicken

Chicken Chili Over Corn Muffins

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

Bake Time: 20 minutes

Calories 205

Exchanges: 1 starch; 1 1/2 lean meat; 2 vegetable

2 cups cut-up cooked chicken

2 can (15 oz) spicy chili beans, undrained

1 can (15 oz) tomato sauce

1 can (7 oz) whole kernel corn, frozen, drained

1/2 cup shredded cheddar cheese

Make Betty Crocker Corn Muffins (See separate recipe).

Meanwhile, stir remaining ingredients except cheese in 3-quart saucepan. Heat to boiling; reduce heat to low. Simmer 10 minutes, stirring occasionally.

In a soup bowl, place 1-2 corn muffins. For each serving, pour chile over the muffins. Sprinkle with cheese.

Per Serving (excluding unknown items): 74 Calories; 3g Fat (38.1% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 306mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.