

# **Thick Chicken Chili**

Everyday EverRoast Recipe Book

www.boarshead.com

**Servings: 8**

**1 tablespoon olive oil**

**1 large yellow onion, finely chopped**

**1 cup red and green bell peppers, diced**

**3 cups lower-sodium chicken broth**

**2 cans (15 oz) white northern beans, undrained**

**2 tablespoons ground cumin**

**2 teaspoons dried oregano**

**2 pounds (sliced 1/2-inch) Boar's Head EverRoast Chicken Breast**

**3/4 cup Boar's Head Vermont Cheddar cheese, shredded**

In a medium stockpot, heat the oil over medium-high and saute' the onions and bell peppers until tender, about 2 minutes.

Add three cups of the broth, beans, cumin and oregano. Bring to a boil.

Reduce the heat and simmer, uncovered, for 15 minutes.

Stir in the chicken to warm through.

Ladle into bowls.

Sprinkle with the cheese and serve.

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Per Serving (excluding unknown items): 32 Calories; 2g Fat (54.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.