

Recipe: Sara's Healthy Green Chili

On a recent Friday night, I was craving Mexican food. I could have just decided to make it my cheat night and head to the nearby Mexican restaurant but I really wanted to stay in. What I was really craving was green chili (though not sure why since it was about 80 degrees out). I absolutely adore green chili but it is often made with lard and loaded with unhealthy fats. I have made a few 'cleaner' versions before but this night I decided to make-up my own version. However, since it was late on a Friday night, I decided to take a few short cuts including canned green chilies and canned chicken. If I had more time, I would use fresh roasted chilies from the farmer's market and grilled chicken breast. I LOVED the results. Hope you enjoy it as much as I did and know it is so much better for you than anything you can get at a restaurant.

Ingredients

1 ½ tablespoon of olive oil

1 medium white or yellow onion, chopped

3 cloves garlic, chopped

2 cups no sodium chicken broth

14 oz. canned green chilies (obviously fresh roasted green chilies are best)

14.5 oz. fire roasted diced tomatoes

1 tsp. cumin

1 tsp. chipotle chili powder

12 oz. canned chicken breast, drained, rinsed and shredded (2 grilled chicken breasts would be great too!)

Sea salt, black pepper and hot sauce to taste

Optional Toppings: Cilantro, 1 tbsp. Greek yogurt or sour cream and avocado.

Heat large stock pot over medium to high heat. Add oil. Sauté onions and garlic until soft. Place onions garlic, chicken broth, green chilies; fire roasted tomatoes and all spices in blender or food processor. Blend until pureed nicely but do not over blend as you want the chili to have some thickness. Pour mixture back into stock pot. Add chicken to chili mixture and cook at a low to medium temperature stirring frequently until heated through (10 to 15 minutes)

**Hint: If you would like your chili to be thicker, add 1 tbsp. potato starch. It will thicken it up nicely but only add 10 grams of carbohydrates.