



Chicken Chili

Hearty tomato based chili with diced chicken, peppers, onions, garlic and beans.

Servings: 10 Chicken Chili Bowls

Ingredients	Amount
Water, Municipal, Cold	2 ½ C
Chicken Base, LS	0.40 oz.
Thermflo Starch	0.85 oz.
Tomato, diced, LS	15 oz.
Sauce, Tomato	7.50 oz.
Onion, Yellow, Raw, ¼" dice	5.75 oz.
Peppers, Green, Raw, ¼" dice	3 oz.
Pepper, Red, Sweet, Raw, ¼" dice	3 oz.
Garlic, Chopped, In Water, drained	2 Tbsp.
Chili Powder	1.45 oz.
Cumin, Ground	0.26 oz.
Oregano, Leaf	½ tsp
Pepper, Black, Ground	½ tsp

Pepper, Cayenne, Ground	½ tsp
Sugar, Brown, Light	1 ½ tsp
Tyson® Diced Chicken #46012-928	10 oz.
Beans, Great Northern, drained	1 ¼ C
Beans, Kidney, Light Red, drained	1 ¼ C

DIRECTIONS:

1. Combine the cold water, chicken base and thermflo starch in a large measuring cup and whisk together until thoroughly combined.
2. Transfer the water, base & starch mixture to a small saucepan and bring it to a simmer over medium heat, continually mixing during heating to prevent scorching.
3. Once the water mixture has come up to a simmer and has thickened, add in the remaining ingredients, EXCEPT the diced chicken, great northern beans and light red kidney beans, and mix well. Bring the contents of the saucepan up to a simmer over medium heat. Once simmering reduce the heat to medium-low and continue to cook for 30 minutes, stirring occasionally to prevent scorching.
4. Next add the frozen diced chicken, great northern beans and light red kidney beans to the saucepan, stir well and continue to cook for 15 minutes, or until the minimum internal temperature reaches 165°F.

TYSON® PRODUCTS USED:

#46012-928, FC 100% All Natural*, Low Sodium Diced Natural Proportion 60/40 White/Dark Meat, 1/2

SKU Number: 46012-928

CN Portion	2.3 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	100
Total Fat (g)	4.00
Saturated Fat (g)	1.00
Sodium (mg)	95
Carbs (g)	1
Protein (g)	14

