Apple Corn Chili
Servings 6 | Prep time 15 mins. | Total time 50 mins.

**Equipment:** Cutting board, Stockpot (large deep pot), Strainer, Small bowl, Large bowl

**Utensils:** Knife, Spatula or wooden spoon, Measuring cups and spoons, Potato masher or fork

**Ingredients**
2 tablespoons olive oil, divided
8 ounces boneless, skinless chicken breast, cut in 1/2 inch cubes
1 medium onion, chopped
2 cloves garlic, minced
3 teaspoons ground cumin (optional)
1/4 teaspoon cayenne pepper (optional)
1 15 ounce can yellow corn, drain liquid into small bowl or cup
2 red apples, chopped with skin on in 1/2 inch pieces
1 15 ounce can black beans, no-salt-added, drained and rinsed
1 4.5 ounce can diced green chilies, drained
2 teaspoons chicken bullion, sodium free (or 2 bullion cubes)
2 cups water

**Topping**
1/4 cup reduced-fat sour cream
1/4 cup fresh cilantro, chopped (optional) or
1/4 cup green onion, chopped (optional)

**Nutritional Information:**
Calories 250
Total Fat 7g
Sodium 290mg
Total Carbs 34g
Protein 15g

**Instructions**

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.

2. In a stockpot, heat 1 tablespoon of olive oil over medium high heat until oil shimmers.

3. Add chicken, stirring occasionally, until golden brown, about 7 minutes. Remove chicken to a small bowl. Keep warm.


5. Add garlic, cumin and cayenne pepper, if using.

6. Add corn. Cook until corn is golden brown.

7. Add apples and cook until apples can easily be mashed with a fork, 10-15 minutes.

8. Use a potato masher to create a coarse sauce from the onion, apple, and corn mixture. Add liquid from the corn to make a thick sauce.

9. Add 2 cups of water and 2 teaspoons of chicken bullion (or 2 bouillon cubes). Bring to a gentle simmer on medium heat.

10. Add black beans and chilies to the stock pot and bring back to a simmer.

11. Add browned chicken and bring back to a simmer.

12. Ladle into bowls. Add a dollop of sour cream and chopped cilantro or green onions if desired.