



## Chicken and Bean Chili

### INGREDIENTS

- ☑ 1 Tbsp olive oil
- ☑ 1 medium sweet onion, diced
- ☑ 3 cloves garlic, minced
- ☑ 2 tsp chili powder
- ☑ 2 tsp cumin
- ☑ 1 tsp smoked paprika
- ☑ 1 chipotle pepper plus 1-2 tsp of sauce adobo sauce
- ☑ 1 red/orange/yellow bell pepper, diced
- ☑ 1 jalapeno, deseeded and diced (optional)
- ☑ 1½ cups Otamot Organic Essential Sauce
- ☑ 1 cup vegetable broth
- ☑ 1/2 cup water
- ☑ 2 15-ounce cans no salt added white beans (or beans of choice), drained and rinsed
- ☑ 2 cups fresh spinach
- ☑ 1 pound ground meat of choice (I use ground chicken!)

### PREPARATION

#### 1 Crockpot/Slow-cooker Recipe:

2 1. Heat olive oil in pan on medium high heat. Add onion and garlic and sauté 5-7 mins until they begin to caramelize.

3 2. Add ground meat and cook until opaque or almost cooked through.

4 3. Add this mixture plus all other ingredients to crockpot/slow-cooker. Set for 5-7 hours on low, and ENJOY when it's done!

#### 5 Stovetop Recipe:



- 6** 1. Heat the olive oil in a large pot on medium high heat. Add the diced onion and sauté until they begin to caramelize, about 5-7 minutes. Turn down the heat to low, add the garlic, chili powder, cumin and paprika and sauté until the mixture is fragrant, 1-2 minutes more.
- 7** 2. Finely chop one chipotle pepper and add to pot with 1-2 tsp of the adobo sauce from the can, the diced bell peppers, spinach, and the Otamot Organic Essential Sauce.
- 8** 3. Add the vegetable broth, water, and beans to the pot, and season with kosher salt and black pepper as desired. Increase the heat to bring the chili up to a boil then reduce heat to low.
- 9** 4. Sauté ground meat in a separate pan until opaque/almost cooked through, and add to pot.
- 10** 5. Simmer for 30-45 minutes to allow all the flavors to blend together.
- 11** 6. Serve the chili in bowls and garnish with your choice of crackers, diced onion, cheese, yogurt/sour cream, diced avocado, chopped cilantro, and/or freshly cracked black pepper as desired.

I was invited to an online cooking demonstration for Registered Dietitians to make a version of this chili. We loved it so much that we keep making it again and again. Our family and friends are all fans, and we even double the recipe and freeze it for later use. You can use any type of meat you like or keep it vegan since there is plenty of protein in the beans and all the vegetables. You can add any additional vegetables you like. Sometimes we throw in corn or cauliflower. You can use any type of bean: we like white, kidney and black. REMEMBER the more variety in your diet, the more nutrients you are getting! This diversity also benefits your microbiome, AKA the bacteria in your gut that help with digestion. Speaking of variety, I love the mild, sweet flavor of Otamot sauce as well as all the different vegetables it contains. We make our chili in a giant crockpot, but you can cook on the stove as well. Super Bowl Sunday may be the first time you make this, but I promise it will not be your last!

**Serves 4-6**

[www.robinbarrie.com](http://www.robinbarrie.com) | 917-648-1421 | [rkaiden@robinbarrie.com](mailto:rkaiden@robinbarrie.com)

