

Chili Recipes

Electric White Chicken Chili

Jeff Ellinger, PE, Electrical Engineer

2 ½ pounds chicken breasts	2 large jars of northern beans
2 jars medium hot salsa	2 cups cheddar cheese
2 medium onions	(Jalapeno's / habanera's optional)

Brown chicken and onions together. Pour in beans and salsa. Simmer. Stir in cheese, mix well. Serve.

Crazy Eazy White Chicken Chili

Matt Riegler, RA, LEED AP

4 chicken breasts	16 oz. mild salsa
1 lb. fresh mushrooms, sliced	1 medium yellow onion, chopped
1 lb. Monterrey Jack cheese, grated	

Cover the chicken breasts with water in a medium pan. Cook through. Remove chicken. Save the broth, adding fresh mushrooms and chopped onion to it and cooking until tender. Cube the chicken, and throw the whole pile of stuff into the crock pot or into a pot on the stove on low heat. Simmer until done.

Vegan Chili Delight

Bill Haddix, Associate, CAD Technician / IT

2 tablespoons olive oil	1 onion, chopped
2 carrots, peeled, thinly sliced	1 red bell pepper, seeded, chopped
3 large jalapeño chilies, seeded, minced (4 1/2 T)	1 28-ounce can crushed tomatoes + added puree
3 cups water	2 15-ounce cans black beans, rinsed, drained
2 15-ounce cans kidney beans, rinsed, drained	1/2 cup bulgur*
2 tablespoons white wine vinegar	5 garlic cloves, minced
2 tablespoons chili powder	1 1/2 teaspoons ground cumin
1 1/2 teaspoons ground coriander or cilantro	1/2 teaspoon ground cinnamon

Heat 2 tablespoons olive oil in heavy large pot over medium-high heat. Add onion, carrots, red bell pepper, and jalapeños and sauté until onion and carrots are almost tender, about 8 minutes. Add tomatoes, 3 cups water, beans, bulgur, white wine vinegar, garlic, and spices. Bring to boil. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes. Ladle chili into bowls and serve. *Also called cracked wheat; available at natural foods stores and supermarkets.

Flip Your Lid Veggie Tomatillo Chili

Bill Liddie, Sr. Electrical Designer

Cooking Spray	1 ½ lbs vegetable protein crumbles
1 Cup chopped onion	2 cans 15.6 oz great northern beans, rinsed and drained
1 16 oz bottle of green salsa (heat level to taste)	1 can 14 oz fat-free, less-sodium vegetable broth
1 ½ tsp ground cumin	2 Tbs coarsely chopped fresh cilantro
½ cup low-fat sour cream (optional)	

Heat pan over medium heat, coat with cooking spray. Add onion and vegetable protein crumbles cooking until they are browned and onion is tender, stirring to crumbled vegetable protein. Stir in beans, salsa and veggie broth and bring to a boil. Reduce heat to medium; simmer 5 minutes. Stir in cilantro. Ladle soup into bowls; top with sour cream (optional)

Yield: 9 – 1 cup servings and about 1T sour cream. (3 Weight Watcher points)