

BLACK BEAN CHICKEN CHILI

INGREDIENTS:

- 1 tablespoon olive oil
- 1 cup dried black beans
- 4 cups water
- 1 large yellow onion, diced
- 1 jalapeno pepper, seeded and finely chopped
- 2 peppers, (poblano, red or yellow bell), chopped
- 4 cloves of garlic, finely chopped
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons salt or more to taste
- 1-2 chicken breasts, baked and shredded
- 3/4 cups frozen corn
- 1/4 cup fresh cilantro, chopped
- 1 lime, juiced



PREPARATION:

1. Soak and cook beans. In a food processor, blend half of the beans with some of the water.
2. Cook onion and peppers in oil until soft. Add garlic and spices and cook a few minutes more. Add water, pureed beans, and salt. Bring to a boil and simmer 20 minutes, uncovered, on low.
3. Stir in chicken, beans, corn, cilantro, and lime juice. Simmer about 5 minutes. Add additional salt or spices as needed. Chili will thicken as it cools.

Recipe source: Abundance Cafe (Lansing, Mich.)



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FOOD SAFETY TIPS

- Sort through dry beans before using and discard any bits of stalk or pebbles.
- Use separate cutting boards and knives for vegetables and meats to avoid cross contamination.
- Wash hands thoroughly between steps when handling produce and raw meat, poultry and seafood.
- Refrigerate any leftovers immediately.

This recipe was provided by the Michigan Farmers Market Association. Development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development. For more recipes and program information, please visit mifma.org.

