

El Chile' de Pollo (chicken chili)

This can be served in a little bread bowl that you purchase from your store's Artisan Bread area, such as a small round sour dough hollowed out, *AFTER THE TAKEDOWN CHALLENGE!*

Ingredients:

- 4 6 oz. boneless, skinless chicken breasts
- 3 Tbsp. Smart Balance Omega oil blend
- 1 cup yellow onion, chopped
- 2 tsp. ground cumin
- 1 tsp. garlic powder
- 2 15 oz. cans Diced tomatoes
- 2 15 oz. cans Tomato Sauce
- 4 Tbsp. Ancho Chili or plain Chili Powder
- ½ bunch Cilantro, finely chopped
- 1 tsp. un-sweetened Cocoa Powder (optional, but great flavor)
- 1 tsp. Kosher salt
- 1 tsp. Splenda 50% - 50% sugar
- ½ - 1 tsp. Cayenne Pepper (*do a taste test before you add it all in Step 3!)
- 8 oz. fresh sliced White mushrooms
- 1 15 oz. can Pinto or Red Kidney Beans

Directions:

Step 1: Cut the chicken up into bite-sized pieces. Heat the oil in a large non-stick skillet over med-high heat. When skillet is hot, add the onion. Sprinkle with garlic and cumin. Cook until browned, stirring frequently, 5 - 7 minutes. Remove from skillet with a slotted spoon and put into a large deep soup pot, along with the tomatoes, tomato sauce, chili pepper, cilantro, cocoa, salt, Splenda, and the *Cayenne.

Step 2: Add the mushrooms to the previously used skillet and cook until tender, about 8 minutes. Remove when cooked and add to the soup pot. Take a ladle of the soup pot contents and add it to the previously used skillet and scrape up the yummy baked "bits." Add all back into the soup pot. Cook for about 10 minutes.

Step 3: Rinse beans well in a colander. Add to the soup pot and continue cooking for another 10 minutes. *This is the time to do a Cayenne pepper taste test.