



WHATSheATE



Chicken and Cannellini Bean Chili

READY IN



75 min.

SERVINGS



12

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb strips. cut into 3/4-inch pieces
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 2 teaspoons vodka to taste (or)
- ☐ 2 teaspoons fennel seeds
- ☐ 2 teaspoons bell pepper smoked
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup olive oil extra virgin extra-virgin as needed plus more to cook chicken and for garnish
- ☐ 2 onion red finely chopped
- ☐ 3 cloves garlic finely chopped

- ☐ 2 jalapeno diced green with seeds),
- ☐ 2 tablespoons chili powder
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 3 cups chicken broth
- ☐ 19 oz cannellini beans rinsed drained canned
- ☐ 3 zucchini cut into 3/4-inch pieces
- ☐ 1 bell pepper diced red
- ☐ 1 serving parmesan cheese grated for garnish
- ☐ 0.3 cup spring onion sliced

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

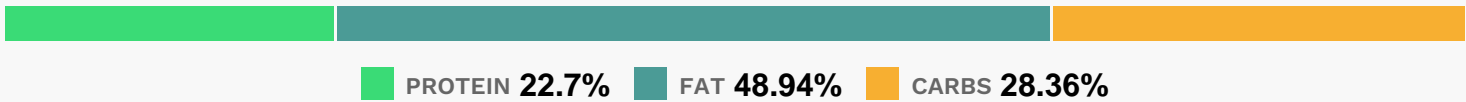
Directions

- ☐ Place chicken in large bowl. Season liberally with pepper and salt. Toss with fennel seed and paprika.
- ☐ Sprinkle masa harina over chicken; toss to coat.
- ☐ Heat cast-iron pot or 6-quart Dutch oven over medium-high heat.
- ☐ Add 1/4 cup olive oil; when it begins to smoke, add chicken, leaving excess masa harina in bowl.
- ☐ Spread chicken evenly so it covers bottom of pot in single layer. (Chicken may need to be cooked in batches to do this, adding more olive oil as necessary.)
- ☐ Cook chicken about 5 minutes on each side, turning with tongs, until browned.
- ☐ Remove from pot with slotted spoon to a plate, leaving drippings in pot.
- ☐ Reduce heat to medium; add a little more olive oil, the red onions and garlic to pot. Cook about 5 minutes, stirring occasionally, until onions are softened. Stir in jalapeño chiles; cook

about 2 minutes or until softened. Stir in chili powder. Stir in tomatoes.

- ☐
- Heat to a simmer over medium heat, then stir in broth and cooked chicken. Reduce heat to medium-low. Simmer uncovered about 45 minutes or until chicken is wonderfully tender.
- ☐
- Stir in beans, zucchini and bell pepper.
- ☐
- Heat to a simmer over medium-low heat; cook 10 to 15 minutes or until vegetables are tender.
- ☐
- Serve immediately, or cool and store in refrigerator up to 3 days. To serve, sprinkle with grated cheese, drizzle with olive oil and sprinkle with scallions.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:7.32, Inflammation Score:-8, Nutrition Score:18.965217333773%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 338.68kcal (16.93%), Fat: 18.71g (28.79%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 19.07g (6.93%), Sugar: 6.03g (6.7%), Cholesterol: 77.44mg (25.81%), Sodium: 437.57mg (19.02%), Alcohol: 0.28g (100%), Alcohol %: 0.1% (100%), Protein: 19.53g (39.06%), Vitamin C: 33.56mg (40.68%), Manganese: 0.62mg (30.81%), Vitamin B6: 0.58mg (29%), Vitamin B3: 5.38mg (26.9%), Selenium: 18.73µg (26.76%), Phosphorus: 240.47mg (24.05%), Potassium: 798.91mg (22.83%), Vitamin A: 1107.31IU (22.15%), Fiber: 5.33g (21.33%), Iron: 3.65mg (20.26%), Vitamin E: 2.87mg (19.12%), Vitamin K: 19.49µg (18.56%), Folate: 72.71µg (18.18%), Vitamin B2: 0.3mg (17.55%), Magnesium: 69.41mg (17.35%), Copper: 0.34mg (16.94%), Vitamin B1: 0.25mg (16.5%), Zinc: 2.12mg (14.13%), Vitamin B5: 1.25mg (12.54%), Calcium: 111.45mg (11.15%), Vitamin B12: 0.53µg (8.82%)