



Spicy Mexican Chili with Chicken Finger Dumplings

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 ounce pinto beans canned
- 4 cups chicken broth
- 12 ounces chicken fingers and/or chicken nuggets frozen thawed cooked
- 1 tablespoon chili powder
- 3 tablespoons cornstarch
- 1 large eggs beaten
- 0.3 cup cilantro leaves fresh

- 6 servings kosher salt
- 0.5 cup milk
- 16 ounce salsa
- 0.3 cup cup heavy whipping cream sour
- 2 tablespoons vegetable oil

Equipment

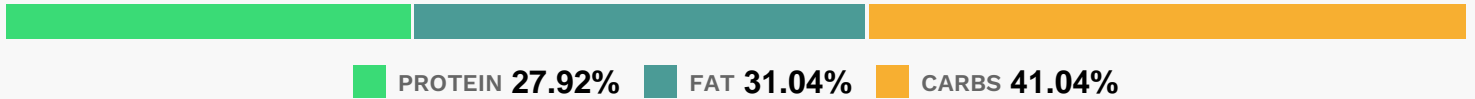
- food processor
- bowl
- knife
- mixing bowl
- dutch oven

Directions

- Using your hands or the back of a paring knife, scrape off half of the breading from the chicken fingers. Discard the excess breading.
- Put the chicken fingers into a mixing bowl with the milk and use your hands to break up the chicken into smaller pieces.
- Place 1 can of the pinto beans along with its liquid into the bowl of a food processor. Blend until completely smooth.
- Transfer to a bowl and reserve. Do not wash the food processor; you will be using it again to make the chicken dumplings.
- Heat the oil in a Dutch oven over medium heat.
- Add the chili powder and cook until fragrant, about 2 minutes, stirring constantly. Stir in the salsa and cook for 2 minutes.
- Add the chicken broth and blended pinto beans. Stir to combine. Bring to a boil, and then reduce to a simmer. Simmer until slightly thickened, about 10 minutes.
- Meanwhile, make the chicken finger dumplings.
- Add the chicken fingers and egg to the used food processor bowl. Blend until it resembles a chunky puree (similar to tuna fish).

- Transfer the puree to a mixing bowl and stir in the cornstarch.
- Add the remaining can of beans with their liquid to the stew. Then drop rounded teaspoons of the dumpling batter into the stew, making about 24 dumplings. Cover with a lid and cook until the dumplings are cooked through, 5 to 7 minutes.
- To serve, divide the stew among 6 bowls. Top with a dollop of sour cream and a sprinkle of cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:7.34, Inflammation Score:-7, Nutrition Score:19.315652370453%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 324.71kcal (16.24%), Fat: 11.41g (17.56%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 25.34g (9.21%), Sugar: 6.59g (7.33%), Cholesterol: 80.4mg (26.8%), Sodium: 1775.32mg (77.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Vitamin B3: 7.7mg (38.49%), Vitamin B6: 0.73mg (36.34%), Fiber: 8.62g (34.47%), Phosphorus: 335.87mg (33.59%), Selenium: 23.26µg (33.23%), Manganese: 0.66mg (33.22%), Potassium: 924.9mg (26.43%), Magnesium: 82.99mg (20.75%), Vitamin E: 2.97mg (19.8%), Vitamin A: 980.88IU (19.62%), Iron: 3.21mg (17.83%), Vitamin K: 18.45µg (17.58%), Copper: 0.35mg (17.54%), Vitamin B2: 0.3mg (17.53%), Calcium: 146.74mg (14.67%), Vitamin B5: 1.44mg (14.36%), Vitamin B1: 0.19mg (12.86%), Folate: 45.92µg (11.48%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.36µg (5.93%), Vitamin C: 3.45mg (4.18%), Vitamin D: 0.45µg (2.98%)