

Ingredients for Chipotle Chicken Chili:

1 lb shredded chicken
2-4 pieces Canadian bacon
1/2 cup chopped red bell pepper
1/2 cup chopped onion
1 jalapeno pepper, seeded and chopped
3-5 garlic cloves, minced
15 oz can white beans
15 oz can crushed or diced tomatoes
2 tbsp tomato paste
2-3 chipotle chilies in adobo sauce, seeded and chopped
2-3 tsp adobo sauce
2 cups chicken, vegetable stock or water
1 tsp chipotle chili powder
1 tsp cumin

Garnish:

cilantro, green onions, avocado, sour cream



NOTE: Makes about **2 quarts** chili. For a *vegetarian option*, try substituting quartered button mushrooms, zucchini, firm tofu.

Directions:

1. **Prepare chicken:** Grill, bake or saute. Consider seasoning with: 1 tsp chipotle chili powder, 1/2 tsp cumin, 1/2 tsp garlic powder, 1 tsp dried parsley, s&p and olive oil. Allow chicken to cool and shred. One pound shredded chicken is about two cups.
2. **Prepare Canadian Bacon:** Cook and chop it into little Canadian Bacon Bits.
3. Add Canadian Bacon Bits to the white beans (in liquid). Simmer on low, cover.
4. **Prepare vegetables:** Grill or roast vegetables. Chop vegetables into small pieces. Peel and mince garlic. **NOTE:** You can chop vegetables and saute, right in the pot. Saute vegetables first, then add white beans and Canadian Bacon Bits.
5. Stir in tomatoes, Chipotle peppers and adobo sauce and tomato paste.
6. Add chicken stock. Season with chipotle chili powder, cumin, salt and pepper. Turn heat up to medium and bring to a gentle boil. Add shredded chicken.
7. Allow to simmer on low, covered, stirring occasionally, for at least three hours. And in all honesty, *the longer the better*.
8. Garnish with chopped green onions, cilantro and avocado or sour cream.
9. For an **appetizer** option, serve Chipotle Chicken Chili in bite-sized *Scoop* tortilla chips.