

≡ FIRE-ROASTED CHICKEN CHILI ≡

Pierce Chicken® Fajita Seasoned Breast Sizzle Strips® slow cooked with fire-roasted corn, tomatoes, garlic and black beans.

“Chicken remains the most popular protein on American menus, making it a perennial favorite for culinary innovation.”

Flavor & The Menu, “Protein at a Premium”, Winter 2013.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 329g	Amount Per Serving		% Daily Value*
Calories:	240		
Total Fat:	9g		14%
Cholesterol:	35mg		12%
Sodium:	840mg		35%
Total Carbs:	23g		8%
Dietary Fiber:	3g		12%
Sugars:	5g		
Protein:	17g		

*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: milk, soy

INGREDIENTS

Yellow onion, peeled, ¼-inch dice	2 cups
Garlic, peeled, chopped	¾ cup
Jalapeño peppers, seeded, chopped	¾ cup
Canola oil	⅓ cups
Water	1 quart
Chicken stock	6 cups
Pierce Chicken® Fajita Seasoned Breast Sizzle Strips® (Code #6264), thawed, ½-inch dice	2 pounds
Diced tomatoes in juice	6 cups
Black beans, canned, rinsed and drained	1 quarts
Fire-roasted corn, frozen	6 cups
Dried cilantro	2 tablespoons
Chili powder	1 tablespoon
Cumin	1½ teaspoons
Salt	1½ teaspoons
Cheddar cheese, shredded	1½ cups
Sour cream	1½ cups

METHOD

1. Sauté the onion, garlic and jalapeño peppers in oil in a stockpot for 7 to 10 minutes or until tender.
2. Add water, chicken stock, Fajita Seasoned Breast Sizzle Strips®, tomatoes, black beans, corn, chili powder, cumin, salt and cilantro.
3. Reduce heat to medium-low; simmer for 1 hour.
4. Hold hot for service.

To make one serving

1. Serve 2 cups chili garnished with 1 tablespoon cheddar cheese and 1 tablespoon sour cream.