

Chicken Chili with Sweet Potatoes

Ingredients:

2 tablespoons extra virgin olive oil
 1 large onion, chopped
 3 garlic cloves, minced
 2 cups cubed sweet potato (1/2-inch)
 1 medium green bell pepper, chopped
 2 tablespoons chili powder
 2 teaspoons ground cumin
 1 teaspoons dried oregano
 1 15-ounce can low-sodium cannellini beans, rinsed
 2 cups low-sodium chicken broth

1 cup frozen corn
 2 cups cubed cooked chicken (about 10 ounces)
 3/4 teaspoon salt
 1/4 teaspoon ground pepper

Optional:
 Sour cream, to taste
 Sliced avocado, to taste
 Cilantro, to taste

Directions:

1. Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato, and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute.
2. Add beans and broth; bring to a boil. Reduce heat, partially cover, and simmer gently for 15 minutes.
3. Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.

Nutrition Facts	
Serving Size (444g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 35g	12%
Dietary Fiber 11g	44%
Sugars 8g	
Protein 22g	
Vitamin A 15%	Vitamin C 90%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:
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Source: American Diabetes Association

