

Chicken Kale Chili



PREP TIME:
15 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
40 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 lb. Organic Ground Chicken
- 2 TBSP Olive Oil
- ½ Large Red or White Onion - Diced
- 4-5 Cloves Garlic - Minced
- 8 oz. Organic Vegetable Broth
- 1 Medium Organic Red Pepper – Diced
- 1 Medium Zucchini – Diced
- ½ Cup Thinly Sliced/Chopped Red Cabbage
- 1 14.5 oz Can Diced Tomatoes (*Non-BPA lined*)
- 15 oz. Can Organic Red Kidney Beans (*Non-BPA lined*)
- 15 oz. Can Great Northern Beans (*Non-BPA lined*)
- 1 ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 2 Teaspoons Cumin
- 2 ½ Teaspoons Chili Powder
- 1 Teaspoon Parsley
- ½ Teaspoon Cilantro
- ¼ to ½ Teaspoon Cayenne Pepper (*depending on desired heat*)
- Cracked Pepper to Taste

- 2 Cups Chopped Organic Tuscan/Lacinato Kale (center stem removed – roll & slice thin)
- **OPTIONAL Meat Substitution:** *Can substitute organic ground turkey.*

Instructions:

1. Warm up a large soup pot on medium and add olive oil.
2. Add onion and cook for about 3-5 minutes until start to soften. Next add garlic and cook about 1 minute longer.
3. Once garlic is fragrant, add peppers | zucchini | cabbage. Allow to cook another 5-7 minutes until start to soften.
4. Add ground chicken and cook until no longer pink. Then add in the broth.
5. After stirring add the can of diced tomatoes, and both cans of beans.
6. Season with salt, garlic powder, onion powder, cumin, chili powder, parsley, cilantro, cayenne pepper, and black pepper (to taste).
7. Allow to simmer for about 5 – 10 minutes.
8. Then add kale. Suggest rolling kale leaves and slicing very thin before adding.
9. Allow to simmer 5 minutes.
10. Serve and enjoy.
11. **Optional:** sliced avocado / dollop unsweetened coconut yogurt / scoop of fresh salsa

***Try and use all organic ingredients if possible.**

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