

A CenFully Good Recipe from



Light Chicken Chili

Ingredients

- 3 pounds bone-in, skin-on chicken breasts (2 whole breasts, split)
- Table salt and ground black pepper
- 1 teaspoon vegetable oil
- 3 poblano chiles, stemmed, seeded, and chopped medium
- 3 Anaheim chile peppers (medium), stemmed, seeded, and chopped medium
- 2 medium jalapeño chiles, one medium and one small, seeds and ribs removed and set aside (see note), flesh minced
- 2 medium onions, minced
- 6 medium cloves garlic, minced or pressed through garlic press (about 2 tablespoons)
- 2 tablespoons ground cumin
- 2 tablespoons ground oregano
- 8 cups low-sodium chicken broth
- 2 cans cannellini beans, drained and rinsed
- 1/4 cup fresh lime juice (from 2 to 3 limes)
- 1/4 cup minced fresh cilantro
- 4 scallions, sliced thin

Instructions

1. Season the chicken breasts with salt and pepper. Heat the oil in a Dutch oven over medium-high heat until just smoking. Sear the chicken, skin side down, until browned, about 4 minutes. Flip the chicken and sear on the second side until browned, about 4 minutes. Transfer the chicken to a plate and discard the skin.
2. Add all of the chiles except the small jalapeño, the onions, garlic, cumin, oregano, and 1 teaspoon salt in a large Dutch oven. Cover and cook over medium-low heat, stirring often, until the vegetables are softened, 12 to 15 minutes. Transfer half of the chile mixture to a clean plate; set aside.
3. Stir in the broth, chicken, and beans. Bring to a boil over medium-high heat; reduce the heat to medium-low and simmer, stirring occasionally, until the chicken is fully cooked, about 20 minutes. Using tongs, transfer the chicken to a large plate. Continue to simmer the chili, uncovered, until it has thickened, 35 to 40 minutes.

4. When the chicken is cool enough to handle, shred the chicken into bite-sized pieces, discarding the bones. Stir the shredded chicken, reserved chile mixture, lime juice, cilantro, scallions, and small jalapeño into the chili. Season with salt and pepper to taste. If the chili is too thick, stir in additional water to thin it out. (The chili can be refrigerated in an airtight container for up to 3 days.)