



Print

# CHICKEN AND BLACK BEAN CHILI

SERVINGS: 100    CALORIES: 150 KCAL

A hearty chili using chicken tenders, black beans, red bell pepper, and butternut squash. The addition of tomato, chili powder, and cumin creates delicious flavor.

## INGREDIENTS

1 cup Oil, vegetable  
½ cup Garlic, chopped  
4 cups Onion, Spanish or Yellow, large, peeled and diced. (5 large or about 1¾ pounds)  
5¼ cups Bell peppers, red, cored and diced (6 large or about 2 pounds)  
7½ cups Butternut squash, peeled and diced (about 4 pounds)  
2 tablespoons Salt, kosher  
¾ cup Chili powder  
½ cup Cumin  
12 cups Water  
25 cups Tomatoes, crushed (8 #2½ cans or 2¼ #10 cans)  
2 #10 cans Black beans, low-sodium, drained and rinsed (14 cups)  
13 pounds Chicken tenders, raw (about 9½ pounds cooked)  
1 tablespoon Black pepper

## INSTRUCTIONS

1. Heat oil in a large pot over medium heat. When oil is hot, add garlic and cook for 30 seconds.
2. Add onions, peppers, and squash. Sprinkle with salt. Cover pot and sauté for 15 minutes, stirring occasionally.
3. Stir in chili powder and cumin.
4. Raise heat to high. Add water. Bring mixture to a boil. Reduce heat and simmer for 15 minutes.
5. Stir in tomatoes and black beans. Raise heat to high, and bring chili to a boil.
6. Add cooked chicken and reduce heat. Simmer for 15 minutes. Season with salt and black pepper.

## RECIPE NOTES

**Crediting:** One portion provides 1½ oz M/MA, ⅜ cup total vegetable (¼ cup red/orange, ⅛ cup legume)

## NUTRITION FACTS PER SERVING (1CUP)

Calories: 150 kcal | Fat: 3.5 g | Cholesterol: 30 mg | Sodium: 310 mg | Potassium: 263 mg | Carbohydrates: 14 g | Fiber: 4 g | Sugar: 4 g | Protein: 17 g | Calcium: 52 % | Iron: 2 %

*The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*