



RECIPE *of the month*

HEARTY CHICKEN CHILI

- 1 tsp olive oil
- 1 medium onion chopped (1 cup)
- 1 medium yellow bell pepper, chopped (1 cup)
- 1 minced fresh jalapeno
- 1 ½ tsp ground cumin
- 1 (15 oz) can cream-style corn
- 1 (7oz) can diced mild green chilies
- 2 cups whole milk
- 1 (15 oz) can navy beans, rinsed and drained
- 2 cups shredded cooked chicken
- 1 ½ cups (4 oz) shredded white cheddar cheese



In large skillet, heat oil over high heat. Add onion, pepper and jalapeno and cook, stirring often, until onion is softened, about 3 to 4 minutes. Add cumin, corn, green chilies, milk and navy beans. Bring to a boil, then reduce heat, cover and simmer to 10 minutes, stirring occasionally. Add chicken and salt and pepper to taste. Stir in the cheese and serve immediately.

Serves 4 (doubles nicely).