

NOT YOUR AVERAGE CHICKEN CHILI

Cocoa and coffee make this a very memorable dish!

2 Tbsp	canola oil
2	onions, chopped
3	cloves garlic, minced
2 lb	boneless, skinless chicken thighs, cubed
1 can	diced tomatoes (14.5 oz/398 mL)
1 cup	strong coffee
2 cans	tomato paste (5.5 oz/156 mL)
2 cans	condensed chicken broth (10 oz/284 mL)
1/2 cup	water
1/2 cup	packed brown sugar
3 Tbsp	chili powder
1 Tbsp	cumin seeds
1 Tbsp	cocoa powder
1 tsp	dried oregano
1 tsp	cayenne pepper
1 tsp	ground coriander
1 tsp	salt
2 cans	kidney beans (19 oz/540 mL), drained and rinsed
4	jalapeno peppers, seeded and chopped

Heat oil in a very large pot over medium heat. Stir cook onions, garlic, and chicken thighs until chicken is no longer pink. Stir in remaining ingredients, bring to a boil then reduce heat. Simmer, stirring frequently, for 1 hour. Serve with sourdough bread or rice. Makes 8 servings.

This recipe is ideal for batch cooking because it makes 8 servings to begin with and it freezes very well. If you're doubling the recipe, use two pots because one pot won't be big enough for a double batch.

Getting chili, soups and stews ready for the fridge or freezer.

Before you put foods in the fridge or freezer, you need to cool them down enough so they won't increase the temperature inside your fridge. When your fridge warms up foods spoil faster.

Here's a quick way to cool chili, soups, and stews.

- Set the pot in your sink and fill the sink with very cold water till the water is half or three quarters of the way up the side of the pot.
- Stir the contents of the pot for 10-15 minutes until you can't see steam rising anymore. If the water warms up, drain it and replace with cold water.
- Remove the pot from the water and divide the food into meal size portions.
- If you're planning to freeze the food, refrigerate it first until it's well chilled, then put it in the freezer.

Courtesy of Manitoba Chicken Producers

www.chicken.mb.ca