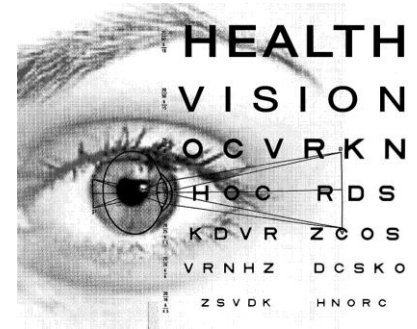


Dove's Nest Chicken Chili

DOVE'S NEST CHICKEN CHILI

2 tbsp. olive oil
1 onion, chopped
6 cloves garlic, minced
4 small tomatoes, chopped
½ 10 oz. can tomatoes with green chiles (optional)
1 15 oz. can diced tomatoes
1 jar tomatillo (green) salsa
6 tomatillos, chopped
1 poblano pepper, diced (with seeds, if you want spicier chili)
¾ cup chia seeds
12 boneless, skinless chicken thighs cut in fourths
2 cups chicken stock
1 tsp. cumin
1/4 cup cilantro, minced
2 19 oz. cans Great Northern beans, drained
1 tbsp. lime juice
Salt and pepper to taste
Sour cream
Tortilla strips (cut flour tortillas into ½" strips)



Heat olive oil in large stockpot over medium-high heat. Add onion, and saute for 3 to 5 minutes, until soft. Add garlic, and cook for 1-2 minutes longer (do not brown). Add tomatoes, tomatillos and poblano peppers; cook until tomatillos are tender, stirring frequently. Add chicken stock, Ro-Tel, diced tomatoes, salsa, chicken, cumin, cilantro, beans and lime juice. Cook until heated through, stirring frequently. Season with salt and pepper; serve garnished with a dollop of sour cream and tortilla strips. Note: The chia seeds act as a thickener, and add a healthy component to this delicious chili—wonderful on a cold day!

Center for Health and Vision

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