

Chicken & Bean Chili

Chili Time is any time you want to make a hungry crowd happy. This creamy chili is a must at my soup party every year. —Theresa Baehr, Williamsburg, Michigan

TOTAL TIME: Prep: 25 min. Cook: 15 min.

YIELD: 10 servings (2-3/4 quarts).

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium onion, finely chopped
- 2 large garlic cloves, minced
- 2 cans (16 ounces each) kidney beans, rinsed and drained
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 1 can (28 ounces) diced tomatoes, undrained
- 3 cups shredded cooked chicken
- 1-2/3 cups whole milk
- 1 cup beer or reduced-sodium chicken broth
- 2 tablespoons chicken bouillon granules
- 1 tablespoon sugar
- 1 bay leaf
- 2 teaspoons ground cumin
- 1 teaspoon each onion powder, garlic powder and chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground celery seed
- 1/4 teaspoon pepper
- 1/8 teaspoon ground turmeric



Directions

- **1.** In a Dutch oven, heat oil and butter over medium-high heat. Add onion; cook and stir 5-7 minutes or until tender. Add garlic; cook 1 minute longer.
- **2.** Stir in remaining ingredients; bring to a boil, stirring occasionally. Reduce heat; simmer, uncovered, 5 minutes. Remove bay leaf.

Nutrition Facts

1 cup: 317 calories, 7g fat (3g saturated fat), 45mg cholesterol, 1073mg sodium, 37g carbohydrate (10g sugars, 9g fiber), 24g protein.