

# Apple Corn Chili

**Makes:** 4 Servings

## Ingredients

- 2 tablespoons olive oil (divided)
- 8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 1 15.2 oz can yellow corn (no-salt-added, drained)
- 2 red apples (chopped, skin on)
- 1/2 tablespoon ground cumin
- 1/8 teaspoon cayenne pepper (optional)
- 1 can 15 oz. can black beans (no-salt-added, drained and rinsed)
- 4 1/2 ounces diced green chilies
- 2 cups water

## Directions

1. Heat 1 Tbsp olive oil in a stockpot. Add chicken until browned. Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (optional); cook about 3-4 minutes. Then let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, add some water if needed, and return to pot.
5. Add browned chicken, black beans, chilis, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165° F.
6. Serve topped with non-puréed portion of apple corn mixture.

**Total Cost:** \$6.42

**Serving Cost:** \$1.60

**Source:** What's Cooking? USDA Mixing Bowl



Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>(440g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 20g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	<b>0%</b>
Calcium 91mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 836mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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