

Lora's Chicken Chili

1 cooked chicken torn into chunky bite size pieces
4 cups onion, chopped
2 tbs olive oil
2 tbs garlic
4 sweet peppers, (2 yellow and 2 red) chopped in fairly chunky sizes
1 tsp chili powder
1 tsp cumin
1/4tsp red pepper flakes
2 t salt
dash Cayenne pepper
1 - 15oz can of crushed tomatoes
1 - 15 oz can of diced tomatoes
¼ cup cilantro

To broil a chicken cook at 450 degrees for 15 min, baste, then cook another 15-20 min. I use about 3T olive oil, 3t lemon juice, 4 crushed garlic cloves and salt/pepper for the baste.

Sauté chopped onion in olive oil for about 10 minutes. Add garlic, cook one min. Add pepper, chili powder, cumin, red pepper, Cayenne, and salt. Cook 1-2 min. Add the cans of tomatoes and cilantro

Cook 30 min. Add chunks of chicken, cook another 20 min. DONE!

Lora B

