

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
- 1/4 cup cilantro



A recipe from Dan Delcollo's web site
www.delcollo.us/recipeindex.html

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



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