

Spicy Chicken Chili

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Grizzly Athletics

Ingredients

4 chicken breasts

32 oz chicken stock

1 clove garlic minced

1 onion diced

1 14.5 can Northern beans, drained

1-2 cans of diced green chilis, depending on how spicy you want it

1 Tbs dried oregano

1 Tbs cumin

1/2 Tbs chili powder

1 Tbs oregano (ground)

Salt to taste

Pepper to taste



Steps

Combine chicken and chicken stock in a stock pot over medium heat. Cook for about 15 minutes and chicken is done. Shred the chicken with two forks and add back to the pot.

Add the rest of the ingredients. Stir. Taste for flavor & adjust. Simmer on low for 15-25 minutes.

Scoop into bowls. Add sour cream, crushed tortilla chips, shredded cheese (cheddar)