



HOME CHEF

Chicken Chili Verde

With Corn and Two Peppers



Ready for a unique chili variation that delivers all the flavor, spice, and satisfaction of a traditional chili with dramatically lower calories and carbs? We thought you might, so we brought you this- a green brothy chili brimming with chicken, corn and peppers that'll put a spring in your sombrero, mi amigo. Ole!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 478
Carbohydrates: 21g
Fat: 19g
Protein: 59g
Sodium: 1100mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Mexican Lager
Margarita
Pinot Grigio

INGREDIENTS

5 oz. Corn Kernels, Frozen
1 Red Bell Pepper
1 Jalapeño Pepper
2 Garlic Cloves
1 Green Onions
4 Cilantro Sprigs
1 Tbsp. Minor's Chicken Base,
Gluten Free
2 Chicken Breast
4 oz. Chopped Green Chiles
1 tsp. Cumin
1 ½ oz. Sour Cream

WHAT YOU NEED

Salt
Pepper

EQUIPMENT

Medium Pot
2 Mixing Bowls

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Prepare the Ingredients

Bring a medium pot with 4 cups of **water** to a boil. Rinse **corn kernels**. Thoroughly rinse produce and pat dry. Stem, core, and dice **red bell pepper**. Thinly slice **jalapeño** into coins (if you're sensitive to spice discard seeds). Coarsely chop **garlic**. Trim ends and thinly slice **green onion**. Stem **cilantro** and roughly chop the leaves.



Poach the Chicken

Reduce boiling water to a gentle simmer and whisk in **chicken base**. When dissolved, add in **chicken breasts** and cover with a lid. Poach chicken for 10-12 minutes or until chicken is white, and the internal temperature reaches a minimum of 165 degrees. Remove chicken from pot and place in a bowl to cool. Reserve broth.



Add the Vegetables

Keep the broth at a low simmer and add in **green chiles**, **corn**, **bell pepper**, **garlic**, half of the **jalapeño** (to taste), half of the **cilantro**, **green onion**, and **cumin** (reserving a pinch for crema). Let simmer, stirring occasionally, for 5-6 minutes or until vegetables become fork tender.



Shred the Chicken

Once **chicken** is cool enough to handle, shred meat into 1" pieces with two forks. Add shredded chicken back to the pot. Simmer for 2 minutes to warm through.



Make the Crema

In a mixing bowl, combine **sour cream**, remaining **cilantro**, reserved pinch of **cumin**, and a pinch of **salt** and **pepper**.



Plate the Dish

Ladle the **chili** evenly into two soup bowls. Garnish with **crema** and remaining **jalapeño** slices.