

Chicken & WHITE BEAN CHILI

by
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (mealsformeandmyminis.wordpress.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.rdservices.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts

servings per container
Serving size (289g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 350mg 15%

Total Carbohydrate 29g 11%

Dietary Fiber 7g 25%

Total Sugars 11g

Includes 2g Added Sugars 4%

Protein 27g

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 3mg 15%

Potassium 133mg 2%

*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.



Prep time: 10 Minutes
Cook time: 1 Hour
Serves: 8 People

INGREDIENTS:

- 1 pound extra lean ground chicken
- 1 can no salt added kidney beans, rinsed and drained
- 1 cup sliced mushrooms
- 1 cup diced NatureFresh™ Peppers
- 1 cup diced NatureFresh™ Tomatoes-on-the-Vine
- 1 small can tomato paste
- 1 garlic clove, minced
- ½ tsp. chili powder
- ½ tsp. turmeric
- ½ tsp. paprika
- 1 tbsp. maple syrup

DIETITIAN TIP:

This hearty dish is packed with protein, iron, vitamin C, and antioxidants such as lycopene which can help reduce our risk of certain types of cancers. The Tomatoes in this recipe offer a powerhouse of nutrition. Their vitamin C content helps increase iron absorption and cooking the Tomatoes down helps increase the bioavailability of the lycopene.

DIRECTIONS:

- Wash all produce before cooking.
- Sauté the ground chicken on your stove top, using a small amount of water in the pan as needed for additional moisture.
- Once chicken is cooked through, add white beans, vegetables, tomato paste, spices, and maple syrup.
- Let simmer on low heat setting for 30-60 minutes.
- Top with a dollop of Greek yogurt or sour cream, shredded cheese, and diced Tomatoes.



For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)