

# COOKING SKILLS ACADEMY

## INGREDIENTS:

- *Ground chicken 1/2 lb*
- *Onions 1 medium*
- *Garlic 2 cloves*
- *Kidney beans 1 cup*
- *Yellow and red bell peppers  
1/4 cup of each*
- *Chili powder 2 tbs*
- *Cumin 1 tbs*
- *Cayenne pepper 1 tsp*
- *Paprika 1 tsp*
- *Chicken stock 4 cups (or  
enough to cover meat)*
- *Butter 1 tbs*
- *Sour cream 1 tbs*
- *Green onions 1 (for garnish)*
- *Salt / pepper to taste*

## DIRECTIONS:

1. Start by melting butter in pan and adding spices to fragrant. Chop onions, garlic and peppers to about 1/4" x 1/4" squares. Add with spices and sweat out vegetables. Remember to add a pinch of salt when adding each ingredient. We want to create layers of flavor. When vegetables are transparent, add meat and brown.
2. Deglaze pan with chicken stock and remember to scrap off any bits on the bottom of pan with spoon.
3. Add kidney beans and cook for 30 -45 mins on medium low heat. Season with salt and pepper.
4. Plate and top with sour cream and thinly sliced green onions. ENJOY!!!

# *Chicken Chili*