

Quick Sweet and Hearty Chicken Chili

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Source: Simple Nutrition Meal Program simplenutritionmeals.com©

Servings: 12 Preparation Time: 0:05

Ingredients

3 pounds cooked chicken breast halves (cubed)
2 ¼ tablespoons onion powder
2 ¼ teaspoons garlic powder
3 ⅔ cans organic black beans (do not drain)
1 ⅔ pounds tomatoes (freshly ground)
2 ¼ tablespoons chili powder
2 ¼ teaspoons cumin
1 ⅛ teaspoons sea salt
½ teaspoon cinnamon
5 ⅝ tablespoons organic agave nectar
1 ⅛ cups cooked brown or white rice
4 ½ ounces goji berries (optional)
5 ⅝ tablespoons organic maca root powder (optional)
2 ¼ tablespoons grape seed oil

To make this extra quick, buy pre-cooked and cubed natural chicken or turkey and cooked brown or white rice. Heat a large pot over medium to high heat. Add everything together, mix well, bring to a boil and VOILA!

Per serving: (excluding unknown items): 500 Calories; 11 g Fat (19.8% calories from fat); 41 g Protein; 60 g Carbohydrate; 11 g Dietary Fibre; 76 mg Cholesterol; 263 mg Sodium.

Exchanges: 3 Grain (Starch); 4 ½ Lean Meat; ½ Vegetable; ½ Fat.