



NutritionRx
Jennifer Broxterman

Jerk Chicken Chili

Thanks to two types of beans, this chili is high in protein, fibre, B-vitamins and folate. Using low-sodium stock, low-sodium soy sauce, and rinsing the beans keeps the sodium content at a reasonable level – which is heart-healthy, not to mention great if you're just feeling bloated that day. For a spicier version, substitute habanero chiles or add hot sauce.

Prep: 10 minutes • Total: 40 minutes

Ingredients:

Vegetable oil	1 Tbsp	15 mL
Onion, diced	1 each	1 each
Chicken, ground	1 lb	500 g
Yellow pepper, diced	1 medium	1 medium
Red pepper, diced	1 medium	1 medium
Jalapeno pepper, diced	1 each	1 each
Chilli powder	3 Tbsp	45 mL
Thyme	1 tsp	5 mL
Allspice	1 tsp	5 mL
Cinnamon	½ tsp	3 mL
Chicken, cooked, cubed	2 cups	500 mL
Chicken stock (broth), low-sodium	3 cups	750 mL
Tomatoes, diced	28-oz can	796 mL
Tomato paste	3 Tbsp	45 mL
Soy sauce, low-sodium	1 Tbsp	15 mL
Black beans, rinsed, drained	19-oz can	540 mL
White beans, rinsed, drained	19-oz can	540 mL
Cilantro	½ cup	125 mL

Directions:

1. Heat vegetable oil over medium heat in large Dutch oven; add onion and garlic, and cook for 2 minutes.
2. Add ground chicken, and cook until no longer pink.
3. Add peppers, chili powder, thyme, allspice, and cinnamon. Cook 5 minutes, or until peppers begin to soften.
4. Add stock, chicken, tomatoes, tomato paste, soy sauce, and beans. Simmer until peppers are tender and chili is heated through.
5. Add cilantro, and serve!

Nutrition Facts

Serving Size (325g)

Servings Per Container

Amount Per Serving

Calories 300 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 220mg **9%**

Total Carbohydrate 33g **11%**

Dietary Fiber 9g **36%**

Sugars 2g

Protein 26g

Vitamin A 25% • Vitamin C 100%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: London Free Press,
September 2011*

Makes 12 servings (325 g / serving) • 1 serving = 1.5 cups

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