



## Double Bean and Turkey Chili

### INGREDIENTS

6 skinless chicken breasts or thighs	1 large can crushed plum tomatoes
¼ cup extra virgin olive oil	1 red pepper, sliced
1 medium onion, sliced	10-12 baby bella mushrooms, sliced
1 clove garlic, finely diced	2 TBSP thyme, chopped
2 TBSP rosemary, chopped	2 TBSP sage, chopped
2 TSP red wine	2 TSP balsamic vinegar
1 TSP sugar	1 TSP salt and pepper

### DIRECTIONS

In a large skillet, add oil and chicken. Lightly brown both sides of chicken on medium heat. Remove from heat and set aside. In the same pan, sauté mushrooms, peppers, thyme, sage, and rosemary until soft. Add more oil if needed. Turn heat to high for a minute or two while adding the wine and vinegar while stirring. Turn heat back to medium and add tomatoes, garlic, sugar, salt, and pepper. Bring to a boil. Add chicken, cover, and reduce heat to a simmer, stirring occasionally. Cook for about 1 hour, or until chicken is tender and cooked throughout. Cut chicken into small, bite-sized chunks or pull into shreds. Mix together well. Makes 6 servings; 260 calories each.