

Grocery Cart Chicken Chili

1 ½ cups of chopped red onion
3 cloves garlic, minced
1 ½ cups chopped green pepper
3 jalapenos, seeded and minced
3 cups chopped cooked chicken breast
19 oz. can tomatoes cut up
1 cup tomato based chili sauce
1 ½ cups reduced fat chicken broth
1 ½ tbsp. chili powder
1 tbsp Dijon mustard
1 tbsp. Wocestershire
2 tsp. cumin
1 tsp. oregano
¼ tsp. cayenne
¼ tsp. black pepper
19 oz. can red kidney beans
19 oz. can white kidney beans
½ cup shredded cheddar

Cook onions, garlic, green pepper and jalapenos over medium heat until tender.

Add remaining ingredients except kidney beans and cheese.

Bring to a boil. Reduce heat to medium low. Cover and simmer for 20 min., stirring occasionally.

Add kidney beans and cook 5 more minutes.

Ladle chili into bowls and top with cheese.