

Chicken Chili

Original recipe from Relish Magazine
adapted by Suzanne Zilber, a winner at the UUFA Chili Cook-off
on October 25, 2009

Suzanne says that it took one whole rotisserie chicken to make three cups of chicken meat and that later, the stock can be made from the chicken bones. Here is her adapted list of ingredients to make the chili spicier after receiving feedback from the judges.

Ingredients:

2 tablespoons olive oil
1 cup chopped leeks or onion
4 garlic cloves, chopped
3 teaspoons ground cumin
1 teaspoon cumin seed
1 pound ground pork sausage
3 cups roughly chopped rotisserie chicken
2 16-ounce cans garbanzo beans, drained
3/4 cup barley
3 teaspoons pickled jalapeno
6 cups homemade or canned reduced-sodium chicken broth
4 to 8 cups chopped kale (optional)
1/2 cup shredded Monterey Jack or Cheddar cheese
chopped green onions
sour Cream

Instructions:

Heat oil in a Dutch oven over medium heat. Add leeks and garlic; sauté 5 minutes. Add cumin, cumin seed and turkey sausage. Cook until sausage is browned. Add chopped chicken, barley, beans, jalapeño, broth and kale, if desired.. Bring to a boil and simmer about 20 minutes or until barley is cooked. Serve topped with cheese and green onions. Serves 10.

The original recipe can be found at:

<http://www.relishmag.com/recipes/view/27678/chicken-chili.html>