

Chicken Chili – Caribbean-Style



Plan Z Phase: This is a Z2 (ZReduction) recipe.

This is a really fun chili. I love making a “white chili” on occasion but most recipes are chock full of navy beans. This one has no beans and packs a flavor punch! Add the spinach for some extra vitamins and color.

Servings: Serves 4 – 6 (Portion on Z2 is 1-1/2 cups)

Ingredients:

- 1-1/2 pounds of chicken breasts, no skin
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 3 cloves of garlic, minced (jar garlic will work)
- 2 tsp of ground cumin
- 1 tsp of dried thyme
- 1 tsp of dried oregano
- 1 tsp of ground allspice
- ½ tsp of ground cinnamon
- ½ tsp of ground nutmeg

- $\frac{1}{2}$ tsp of cayenne (or to taste)
- $\frac{1}{2}$ tsp of grated sea salt
- 2 limes, juiced
- $\frac{1}{4}$ tsp of ground cloves
- 1 4 oz can of diced green chilies
- 32 oz of organic chicken broth (or more, to taste)
- Baby spinach, finely chopped

Instructions:

First up, poach your chicken. I do this by putting the chicken in a pan, cover it in water and then I bring it to a boil. Boil 15 minutes or until no pink remains. Then I take the breasts out to cool.

While the chicken is cooking and cooling you can make your soup. In a soup pan, add the onion and toss it around. Just loosen it up. Then add the bell peppers with about $\frac{1}{4}$ cup of the broth so nothing sticks to the pan. Add all of the spices and then the rest of the chicken broth and lime juice.

Add the chicken when you have it all torn apart. Let the whole mess cook for about 15 – 20 minutes to meld the flavors.

When you go to serve it add a small handful of baby spinach to each bowl and stir in. It will wilt immediately. It will add extra vitamins and color to the dish.

You can always add more heat to the chili with hot sauce or cayenne. As it is, this is a fairly spicy dish.

Enjoy!

Cheers,