

Black Bean Chicken Chili

2-4 tablespoons reduced sodium chicken broth
1 cup chopped onion
1 cup chopped green pepper
1 cup chopped broccoli
1 teaspoon minced garlic
2 16 oz cans stewed tomatoes
1 can Rotel tomatoes
2 15 oz cans black beans
½ teaspoon Louisiana hot sauce
¼ cup salsa, optional
1 teaspoon cumin
1 cup reduced sodium chicken broth
2 cups chopped, rotisserie chicken breast

In Dutch oven, add 2-4 tablespoons chicken broth. Saute onion, green pepper, broccoli, and garlic until slightly tender. Add chicken and remaining ingredients. Cook on low-medium heat 30-45 minutes, or until cooked and warm throughout.