

Chicken con pollo - 4 servings

- 1 lb ground chicken
- 1 TBSP olive oil
- *4 cups "canned tomatoes," blended to liquefy
- 1 15 oz. can pinto beans
- 1 TBSP chili powder
- 1 TBSP garlic powder
- ½ TBSP cumin
- ½ TBSP salt



Brown the chicken in 1 T olive oil and crumble. This means to cook it so it is really brown, not just cooked. Add the rest of the ingredients and simmer until the chili is as thick as you like it. I simmered my test recipe a couple of hours.

Myfitnesspal.com says one serving is 319 calories.

*"canned tomatoes" is not exactly what I used. I grow a few tomato plants each summer and, when they are being quite prolific, I freeze some. I just wash and cut out stems and any bad spots and throw them in a zip lock bag and put them in the freezer. When I am ready to use them, I run them under warm water for a few seconds and the skins come right off - not really peeling because no knife is involved, they just "slough off." [More about freezing tomatoes.](#)

When I use my frozen tomatoes in chili, I cut them in quarters and run them through the blender with a little water. Sometimes, I heat them a little first to soften them. For this recipe I used 4 medium tomatoes and about 3 cups water. I think that makes an equivalent to about two 15 oz cans or 1 28 oz can of canned tomatoes. You could probably just put the quarters in the chili and the simmering would soften them up, but my kinds never liked chunks of tomatoes in anything so I always blend them, even when using diced tomatoes from a can.

<http://www.minddietideas.com/chili-con-pollo-mind-diet/>