

# Chicken & Poblano Pepper Chili

**Serves 4-6**

I got the inspiration for this recipe from my friend, Karin Appelbaum, who first found it several years ago in Bon Appetit. She changed it to incorporate pureed beans for added thickness and less cream, and uses fresh chiles. I've made a few more changes. Here is the result, but the beauty of chili is that you, too, can adapt it to suit your tastes.

2 tablespoons olive oil  
1 large onion, chopped  
4 garlic cloves, minced  
½ teaspoon kosher salt + more to taste  
¼ teaspoon freshly ground black pepper + more to taste  
1½ teaspoons dried oregano  
1 tablespoon ground cumin  
¼ teaspoon cayenne pepper  
½ teaspoon aniseed  
½ teaspoon dried crushed red

pepper  
½ pound boneless, skinless chicken thighs, cut into ¾-inch chunks  
½ pound boneless, skinless chicken breasts, cut into ¾-inch chunks  
3 14.5-ounce cans cannellini beans, drained and rinsed, 1 cup set aside  
1½ cups chicken broth  
¾ pound poblano chiles

(about 3 large), roasted, peeled and seeded, and cut into medium dice

¼ cup heavy cream  
Chopped green onions for garnish  
Chopped cilantro for garnish (optional)  
Grated cheddar cheese, for garnish  
Sour cream, for garnish

**Instructions:** Heat oil in a large Dutch oven or stockpot over medium heat. Add onion, garlic, and all of the spices. Saute until onion has softened and spices are incorporated, about 5 minutes. Remove onion mixture to a bowl and set aside.

Season chicken with salt and

pepper and add to the empty pot. Saute until mostly cooked through and white on all sides, about 5-7 minutes. Add the onion mixture back in and stir to combine.

In a blender, puree the 1 cup of beans that you have set aside with ½ cup of the chicken broth. Add the remaining broth, pureed beans, whole beans, chiles and cream to the pot. Cook for about 20 minutes, until chicken is tender. Season to taste.

Serve with chopped green onions, cilantro (if using), cheese and sour cream to pass at the table.

**Per serving:** 378 calories, 27 g protein, 39 g carbohydrate, 12 g fat (4 g saturated), 67 mg cholesterol, 699 mg sodium, 10 g fiber.