



Recipe Corner



Chicken Bacon Chowder

- 9 strips Breakfast Grill Chicken Bacon
- 1 onion, chopped
- 1 clove garlic, minced
- 5 cups chicken stock
- ¾ tsp dried thyme
- ¼ tsp pepper
- 1 can lentils, drained
(190 oz/540 mL)
- 2 baking potatoes,
cubed and peeled
- 2 cups frozen mixed vegetables

In a non-stick skillet over medium heat, cook chicken bacon until crisp. Remove and let cool. Cut into half inch strips.

In a large pot, stir cook onion and garlic until softened. Add chicken stock, thyme, pepper, bacon and potatoes; bring to a boil. Reduce heat, cover and simmer 15 minutes. Add lentils and frozen vegetables; simmer covered for 5 minutes longer or until potatoes are tender. Serves 6.



Chicken Chili with Corn

- 2 tsp vegetable oil
- 1 onion chopped
- 2 cloves garlic, minced
- 1 lb ground chicken
- 1 sweet red pepper, chopped
- 2 stalks celery
- 5 tsp chili powder
- 1 tsp ground cumin
- ¾ tsp salt
- ½ tsp oregano
- ¼ tsp each hot pepper flakes
and black pepper
- 796 ml can tomatoes
- 2 cups cooked black turtle beans*
- 2 cups kernel corn
- ¼ cup fresh parsley, chopped

In a large skillet, heat oil over medium heat; cook onion and garlic for about 3 minutes until onion has softened. Stir in chicken and cook until chicken is no longer pink. Stir in pepper, celery, chili powder, cumin, salt, oregano, hot pepper and black pepper and cook for 1 minute. Stir in tomatoes, breaking up with a spoon. Add cooked beans and bring to a boil. Reduce heat, cover and simmer 20 minutes. Add corn and simmer uncovered for 10 minutes or until thickened. Stir in parsley. Adjust seasonings to taste.

*Cover 1 cup dry beans with water and soak overnight. Drain, cover with 4 cups water, bring to a boil. Reduce heat to medium-low and simmer 1-1 ½ hours or until tender. Drain. Serves 4 people.