

## SOUTH WEST CHILI

### INGREDIENTS

- 2 lb lean ground beef, or turkey or buffalo
- 1 onion; chopped
- 1 – 2 cans diced tomatoes (seasoned with onions and chilis – optional)
- 1 can each kidney beans, black beans, pinto beans, garbanzo beans (use at least 2 types)
- 1 small can corn kernels – shoepeg corn
- 1 TBSP olive oil
- 1 package ranch dressing mix (1 oz) – Simply Organic recommended – no MSG
- 1 package taco seasoning mix (1.25 oz) – low sodium, no MSG
- Garnish: Chopped onion, cilantro, avocado or guacamole



### DIRECTIONS

- Saute chopped onion until glassy in a large saute pot or cooking pot
- Add ground meat and brown. Drain well.
- Combine other ingredients and cook stir in spice mixes
- Bring to a boil and simmer for 15-20 to 60 minutes.
- Can be made ahead and refrigerated or frozen.
- Serve with chopped cilantro, chopped onion, avocado slices or guacamole sprinkled on top

## BALSAMIC CHICKEN WITH MUSHROOMS

### INGREDIENTS

- 4 boneless, skinless chicken breast halves
- 3/4 lb small mushrooms, quartered
- salt and pepper
- 3 Tbsp olive oil
- 6 garlic cloves, peeled
- 1/4 cup balsamic vinegar
- 1/2 cup chicken broth
- 1 bay leaf
- 1/4 tsp thyme
- 1 Tbsp butter
- 1 butternut squash



### DIRECTIONS

- Season the chicken with salt and pepper.
- Heat the oil in a heavy skillet and cook the chicken over moderately high heat until nicely browned on one side, about 3 minutes.
- Add the garlic cloves. Turn the chicken pieces over and scatter the mushrooms over all.
- Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook about 3 minutes.
- Add the Balsamic vinegar and broth, the bay leaf and thyme. Cover closely and cook over moderately high heat about 10 minutes.
- Turn the pieces occasionally as they cook.
- Transfer the chicken to a warm platter and cover with foil. Let the sauce cook, uncovered, over moderately high heat about 7 minutes.
- Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and

serve.