**Chicken and Chard Chili**

**Ingredients**
- 2-3 Tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, crushed or minced
- 1-2 jalapeno peppers, seeded and finely diced
- 2 organic chicken breasts, chopped in small pieces
- 1 Tablespoon ground cumin
- 1 Tablespoon mild chili power
- 1 teaspoon smoked paprika (optional)
- 2 cups tomato sauce
- 3 cups water
- 5-6 cups cooked pinto or red beans
- 2 teaspoons Herbamare, or to taste
- 2 cups chopped chard

**Directions**
1. Heat a large soup pot over medium heat. Add olive oil, then add onions; sauté for 5-10 minutes or until onions are soft and beginning to change color. Add crushed garlic, jalapeno pepper, and chicken; sauté for 2-3 minutes more. Add cumin, chili powder, and smoked paprika; sauté a minute more.
2. Add tomato sauce, water, beans, and Herbamare. Stir, cover, and simmer on medium-low heat for 45-60 minutes. Once the chicken is tender and the flavors have melded, add chard and simmer for 5 minutes more. Turn off heat, taste, and adjust salt and seasonings if necessary.

Yield: 6-8 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre MS, CN