

 **Prep:** 20 minutes
 **Cook:** 30 minutes
 **Servings:** 8

Citrus Chicken Chili

INGREDIENTS

- 2 Tbsp olive oil
- 1 medium onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 medium green pepper, *chopped*
- 2 tsp dried leaf oregano
- 1 can (16 oz) diced tomatoes, *undrained*
- 1 lemon, *juiced*
- 1 lb chicken, *cooked and shredded*
- 4 cups chicken stock
- 2 cans (~16 oz) Garbanzo Beans, any variety, *drained*
- ¼ cup crumbled feta cheese
- 3 Tbsp fresh parsley, *chopped fine*

DIRECTIONS

1. Heat oil in 4-quart saucepan over medium heat. Add onion, garlic, green pepper and oregano. Cook 3-4 minutes until vegetables are soft.
2. Add tomatoes, lemon juice, chicken, stock and beans. Lower heat; simmer 20-25 minutes.
3. Serve topped with cheese and parsley.

Nutrition Information (per serving)

Calories 424	Carbohydrate 50g	Calcium 130mg (10%)
Total Fat 11g	Fiber 14g	Iron 6mg (31%)
Saturated Fat 2g	Sugars 10.5g	Potassium 917mg (20%)
	Protein 33g	

