

FoodSense with Chef Feker

Chef Feker's Chicken Chili

Serves 6

Ingredients

1 lb ground chicken, hormone-free preferred
6 oz dried red kidney beans, soaked overnight
4 oz dried green or red lentils, soaked overnight
1 large onion, diced
2 medium carrots, diced
8 cloves garlic, chopped
1 head fennel, diced
1 cup chopped basil (a little reserved for garnish)
1 Tbsp fresh thyme, chopped
1 Tbsp fresh oregano, chopped
1 cup red wine
1 cup white wine
2 quarts chicken stock
12 oz tomatoes, peeled and crushed with their juices or 12oz can of peeled tomatoes
2 Tbsp tomato paste
1 bay leaf
1 Tbsp chili powder
1 Tbsp cumin
1 Tbsp smoked paprika
1 Tbsp coriander
1 tsp nutmeg
½ tsp cinnamon
Salt and white pepper, to taste
Shredded Wisconsin cheddar

Directions

In a large pot, heat 1 tablespoon of olive oil over high heat. Mix all the spices together in a small bowl, set aside.

Cook the ground chicken and the spice mixture in two batches. Using a slotted spoon, remove the chicken once each batch is done. Once chicken is set aside, lower the heat to medium and add the carrot, onion and fennel.

Cook the vegetables, stirring frequently until they begin to get a golden brown. Add the garlic to the vegetables and continue to cook another 2 minutes.

Add the tomato paste and cook stirring frequently until the paste has browned slightly and is starting to stick a bit. Add the wines to the pot and evaporate all alcohol, reducing it by half. While the wine is reducing, strain the soaking liquid from the beans and discard, keeping 1 cup.

When the wine has reduced add the beans, half of the basil, half of the thyme, half of the oregano, the chicken and diced tomatoes to the pot. Stir well. Add the chicken stock and 1 cup soaking bean liquid.

Cook the chili at a low simmer until the beans are cooked and tender, but not mushy.

Season the chili with salt and white pepper. Garnish with fresh herbs and Wisconsin cheddar.



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