

three-bean chicken chili (with edamame) 8-10 servings

- 2 1/2 – 3 pounds boneless chicken thighs, cut into 1-inch pieces, and salted/peppered*
 - 2 tablespoons olive oil
 - 1/2 teaspoon crushed red pepper
 - 3 **each** red and yellow bell peppers, 1/2-inch dice
 - 2 large yellow onions, 1/2-inch dice
 - 6 garlic cloves, minced
 - 2 28-ounce cans chopped tomatoes
 - 1 6-ounce can (about 5 tablespoons) tomato paste
 - 2 tablespoons chili powder
 - 2 teaspoons ground cumin
 - 1 tablespoon dried oregano
 - 1/2 cup fresh basil, chopped or 2 tablespoons dried
 - 1 cup **each** red wine and water
 - 1 tablespoon **each**: Dijon-style mustard and lemon juice
 - 1 teaspoon kosher salt and 1/2 teaspoon fresh ground black pepper
 - 1 15-ounce can **each** black and pinto beans, rinsed and drained
 - 1 cup shelled edamame (fresh green soybeans)**
1. In a 10-12 quart stockpot, brown chicken in the oil in batches, removing to a large bowl. Set aside.
 2. Add peppers and onions to pot; cook, stirring 5-10 minutes until softened. Add garlic; cook one minute.
 3. Pour in tomatoes and stir in tomato paste; add spices. Pour in water, wine and stir in the mustard and lemon juice.
 4. Season with the salt and pepper and bring to a boil. Reduce to simmer for 15 minutes.
 5. Add reserved chicken, beans, and edamame. Simmer 15 more minutes. Taste and adjust seasonings.
 6. Serve hot with any or all: tortilla chips, chopped onions, chopped avocado, plain yogurt, grated cheese and/or cornbread.