



More than Food.

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Southwestern Chicken Sausage Chili

with Black Beans, Sour Cream, and Oregano

Southwestern chicken sausage adds major flavor to this chili, yet keeps it lighter than the original. A fragrant mix of smoky cumin, chili powder, and herbaceous oregano packs even more flavor into this winter warmer. Don't forget the dollop of sour cream on top!

35 min

level 1

nut free

gluten free



Southwestern Chicken Sausage



Red Onion



Garlic



Green Bell Pepper



Scallions



Chili Powder



Dried Oregano



Cumin



Black Beans



Diced Tomatoes



Vegetable Stock Concentrate



Sour Cream

Ingredients

	2 People	4 People
Southwestern Chicken Sausage	12 oz	24 oz
Red Onion	1	2
Garlic	2 cloves	4 cloves
Green Bell Pepper	1	2
Scallions	2	4
Chili Powder	½ t	1 t
Dried Oregano	½ t	1 t
Cumin	1 t	2 t
Black Beans	1 box	2 boxes
Diced Tomatoes	1 can	2 cans
Vegetable Stock Concentrate	1	2
Sour Cream	1) 1 oz	2 oz
Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Large Pan, Strainer

Ruler

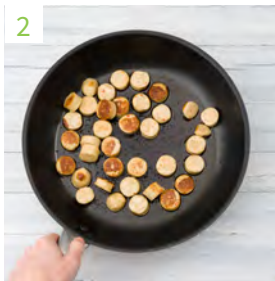
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Nutrition per person Calories: 604 cal | Carbs: 57 g | Fat: 16 g | Protein: 51 g | Fiber: 24 g | Sodium: 1703 mg

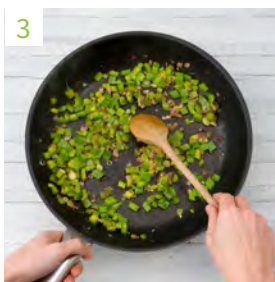
Make sure to wash and dry produce before prepping or cooking!



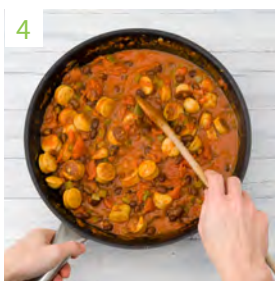
1 Prep the ingredients: Halve, peel, and dice the **onion**. Core, seed, and remove the white ribs from the **bell pepper**, then finely dice. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the greens and whites separate. Drain and rinse the **black beans**.



2 Cook the sausage: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **chicken sausage** to the pan and cook for 4-5 minutes, turning occasionally, until browned. Set aside, then slice into ½-inch rounds once cool enough to handle.



3 Cook the vegetables: Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **onions**, **peppers**, and **scallion whites** to the pan and cook, tossing, for 4-5 minutes, until softened. Add the **garlic**, **cumin**, and **chili powder** to the pan and cook for 1-2 more minutes, until fragrant.



4 Add the **diced tomatoes**, **black beans**, **vegetable stock concentrate**, **oregano**, and **2 cups water** to the pan. Bring to a boil, then reduce to a simmer for 10-15 minutes, stirring occasionally. Stir the **chicken sausage** into the pan. Taste and season with **salt** and **pepper**.

5 Serve the **chili** divided between bowls, dolloped with **sour cream** and garnished with **scallion greens**. Enjoy!