

Chicken Chili, a Gluten-Free Recipe

This is yet another OBG post. Sorry, I don't believe "oldie but goody" was on my recent list of [acronyms](#), but it should have been. This recipe for the best, gluten-free chicken chili came up in a search of my go-to [cold-weather](#) comfort foods...

A few days ago I made the best gluten-free chicken chili in my slow cooker. My husband said it was the best "soup" he has ever tasted. Regardless of what you call it, chili or soup, it was fantastic.

My Recipe for Chicken Chili

The only problem is, as usual, I did not follow a recipe, so the measurements I am giving you are approximations only.

These quantities are for my family of five with leftovers (hopefully) for the next day...

- 5 uncooked, boneless, skinless chicken breasts
- 2 cans white kidney beans, well rinsed and drained
- 2 cups sliced baby portobello mushrooms
- 1 cup chopped spanish onion
- 2 cups grape or cherry tomatoes
- 1 cup roasted red peppers (cut up two sweet red peppers, toss in a bowl with olive oil, bake the peppers on a cookie sheet at 400 until they start to turn black at the edges)
- 2 cups green tea (i know, sounds gross, but I didn't have any fresh chicken broth and needed some liquid, not to mention green tea is good for you!)
- 2 tsp each chili powder and curcumin (or more chili powder if you like it HOT)
- 2 tsp minced garlic

I cooked the above ingredients for 6 hours on the low setting of my slow cooker, then removed the chicken breasts, let them cool before chopping them up, and returned them to the pot.

At this point, I also squished the tomatoes against the side of the slow cooker to make them burst. Some members of my family (not me) are picky and don't like the squishiness of cherry/grape tomatoes. I then let the concoction simmer for another hour on low heat.

Secret Ingredient in my Chicken Chili

Approximately 20 minutes before serving, I turned off the heat on the slow cooker, and then added 1 cup of [jalapeno flavored Greek yogurt](#), and 1 cup of shredded cheddar cheese. I buy the yogurt at Costco and use it in many recipes instead of sour cream or cream cheese. It provides a nice, mildly spicy flavor and adds much less fat.

This is [the secret ingredient](#) that I use to thicken any sauces, soups, and gravies without adding gluten.



Serving Options

You can serve this chicken chili up in a bowl with a sprinkling of shredded cheese or a dollop of the greek yogurt on top, or even on a plate over a bed of rice.

Leftover the next day, this chicken chili tastes even better as is often the case with many stew, chili, or [soup](#) recipes.

That is if there are any leftovers to be found!

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