

Chicken Chowder

Submitted by: Lisa Key, Middlebury, CT



4 to 6 Servings

- 1 pound **Pilgrim's Pride** boneless, skinless, split chicken breasts
- 2 tablespoons butter
- 1/4 cup quinoa, uncooked (see Note)
- 1 large potato, peeled and diced
- 1 large onion, chopped
- 1 small red bell pepper, seeded and chopped
- 1 jalapeño pepper, seeded and minced
- 2 cloves garlic, minced
- 1 chipotle chili pepper, left whole (see Note)
- 1 can (14 1/2 ounces) chicken broth
- 1 cup fresh, frozen or canned whole kernel corn, drained
- 2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons chopped fresh cilantro
- 1/4 cup (1 ounce) shredded sharp Cheddar cheese

Cut chicken into bite-size pieces. Melt butter in dutch oven or stock pot over medium heat. Add chicken, quinoa, potato, onion, bell pepper, jalapeño, garlic and chipotle pepper. Cook, stirring, until chicken is no longer pink. Add broth and corn; bring to a boil. Reduce heat, cover, and simmer 15 minutes or until quinoa is cooked and potatoes are tender. Add milk, salt and pepper and cook until heated. Remove and discard chipotle pepper.

To serve, ladle soup into serving bowls and sprinkle with cilantro and cheese.

Note: Quinoa (pronounced KEEN-wah) is a tiny bead-shaped, ivory-colored grain which cooks like rice and expands to four times its original volume. Its flavor is delicate, almost bland. Rice, couscous or other similar grains may be used as a substitute. Quinoa can be found in most health food stores and some supermarkets.

Chipotle (pronounced chih-POHT-lay) pepper is a hot chili pepper can be found dried, canned and pickled. It is dried by smoking. If unavailable, substitute a jalapeño, or add 1/4 teaspoon liquid smoke to impart the smoked flavor.