

Chili Chicken Stew

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| 3 whole chicken breasts split, boned, skinned | 1 tsp. chili powder |
| 1 cup chopped onion | 1 tsp. ground cumin |
| 1 med. green pepper chopped | 1/2 tsp. salt |
| 2 cloves garlic minced | sour cream |
| 2 Tbs. vegetable oil | cheddar cheese shredded |
| 2 cans stewed tomatoes (14 1/2 oz. | green onions, sliced |
| 1 can pinto beans drained | diced avocado |
| 2/3 to 3/4 cup prepared picante sauce | ripe olives |

Cut chicken into 1" pieces and cook with onion, green pepper and garlic in oil in dutch oven or heavy pan until chicken loses its pink color. Add tomatoes, pinto beans, picante sauce, chile powder, cumin and salt. Simmer 20 minutes. Ladle hot stew into bowls. Top with sour cream, cheese, green onion, avocado and olives as desired. Serves 6 to 8.

This recipe came from the April 1986 issue of the Beeline Newsletter from the Utah Quilt Guild. I was a member for several years when we lived in Utah. This was served for lunch as a quilt workday. My family loves this for a quick supper.

Cornbread

Preheat oven to 425 degrees

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| 2 cups cornmeal | 2 tsp. honey |
| 1/2 cup flour | 2 eggs, beaten |
| 1 tsp. salt | 2 Tbs. oil |
| 1/2 tsp. baking soda | 2 cups buttermilk |
| 1 tsp. baking powder | |

In large bowl stir the dry ingredients together, making sure there are no lumps of baking soda or powder. Mix liquids together and add to the dry ingredients, stirring until smooth. Turn into a greased 8" x 8" baking pan. Bake 20-25 minutes (Or make corn muffins. Spoon into muffin tin and bake about 20 minutes).