

## Southwest Chicken Chili

### Ingredients

|   |   |
|---|---|
| 2 medium onions, peeled, & quartered            | 2 cups cooked chicken, cubed                      |
| 2 garlic cloves, peeled                         | 15-oz./425 g can black beans, rinsed, and drained |
| 1 red bell pepper, cored, seeded, and quartered | 1 tbsp. Southwest Chipotle Seasoning Blend        |
| 2 tbsp. extra virgin olive oil                  | 2 tbsp. cilantro, chopped                         |
| 28-oz./800 g can whole tomatoes                 |   |
| 1 tsp. coarse kosher salt                       |   |

Place onion, garlic, and peppers into base of Quick Chef® Pro System and turn handle to process until roughly chopped. Transfer onion mixture to base of Tupperware® Cook-it 2¼-Qt./2.25 L bowl along with oil, stirring well to combine. Cover and microwave on high power for 3 minutes. Place tomatoes in base of Quick Chef® Pro System and turn handle to process until chopped. Stir tomatoes, salt, chicken, black beans, and seasoning blend into onion mixture in Cook-it container. Cover and microwave on high power for 10-12 minutes. Garnish with chopped cilantro.

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