



spicy corn chowder with chicken

2 chicken breasts, cut into small pieces
1 tbs. vegetable oil
1 white onion, chopped
1 red bell pepper, chopped
1 tbs. garlic, minced
4 cups chicken stock
1 pkg. frozen whole kernel corn
1 can petite diced tomatoes
3 tbs. chopped green chiles, canned or fresh
3 tsp. parsley, dried or fresh
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground cumin
1/4 tsp. chili powder
2 cups cooked rice
tortilla chips (optional)

1. in a dutch oven, heat the oil on medium. add the chicken and cook til the outsides turn white. remove from pan, set aside. add onion, bell pepper and garlic. cook for about 5-7 minutes, stirring occasionally.
2. add the rest of the ingredients except for the rice and tortilla chips. bring to a boil over high heat. reduce heat to low and simmer covered for about 10 minutes. stir occasionally.
3. optional - serve with tortilla chips. we crush ours into our soup.

makes about 6-8 servings. enjoy! =)

<http://www.oncupcakemoon.com/recipes/spicycornchowder.pdf>