

# Red Chicken Chili

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-red-chicken-recipe>

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 yellow onion medium, chopped
- 3 cloves garlic finely minced
- 2 red bell peppers cored, seeded, and large-diced
- 2 yellow bell peppers cored, seeded, and large-diced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes dried, or to taste
- 1/8 teaspoon cayenne pepper or to taste
- 1 1/2 teaspoons salt
- 1/4 cup fresh basil leaves minced, or 1 1/2 teaspoons dried
- 56 ounces plum tomatoes whole peeled, in puree, undrained
- 2 1/2 cups chicken cooked, shredded, I used this awesome method
- avocado optional
- grated cheddar optional
- sour cream optional
- onions optional
- corn chips optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 65 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 700 milligrams
9. Sugar: 11 grams

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