



Southwestern Chard & Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

1 bunch fresh red chard, washed & chopped
2-3 boneless, skinless chicken breasts
2 poblano or serrano chilies
1 whole white or yellow onion
3 cloves garlic
1 Tbsp. seasoning salt
3 Tbsp. oil

1 cup water
1 chicken bouillon cube, crushed

1 16oz can re-fried beans

fresh tortillas
fresh salsa
fresh sour cream

Instructions

1. Roast the chilies over an open flame (gas/grille) for ~ 5 minutes, or under a broiler (electric) for ~ 10 minutes. Cover with a slightly damp kitchen towel, and when the chilies have cooled, peel and discard skin and seed pod. Chop chilies finely.
2. While the chilies are cooling, heat oil over medium-high heat in a wok-sized skillet. Add the chicken breasts which have been salted and brown 1-2 minutes on each side,

turning once.

3. While the chicken is browning, chop onion and garlic. Add onion, garlic, and roasted chopped chilies; cook over medium-high heat for about 3-4 minutes on each side of the chicken, turning once more. Remove cooked chicken breasts.

4. When the onions start to turn golden brown on the outside and transparent on the inside, add 1 cup water and the crushed bouillon cube. Bring to boil. Reduce heat.

5. While the broth is heating, chop up the cooled chicken into cubes.

6. Gently stir in the chopped fresh red chard, and chopped chicken, keeping an eye on the heat until chard is wilted, and the chicken absorbs some of the broth.

7. Using a wooden spoon, scoop out the veggies & chicken, leaving the nutrient-rich broth (should be about 1/2 - 3/4 cup broth left). To this broth, add the can of re-fried beans.

8. When heated through, serve beans with chard/chicken filling on tortillas or taco shells, salsa & sour cream.