

## Title:

Timesaving Chili: A Family Favorite

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## Summary:

Weeknight dinners that satisfy the whole family can be less of a challenge than many people realize.

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## Article Body:

Weeknight dinners that satisfy the whole family can be less of a challenge than many people realize. Comforting, filling and quickly prepared meals don't have to mean less nutritious choices for busy families. One good idea, for example, is chili—a dish most families enjoy. With a timesaving recipe that's ready to serve in half an hour, the family can be eating in less time than the pizza delivery.

Picadillo is a classic Latin chili that combines smoky and spicy flavors with a touch of sweetness found in natural raisins. Commonly made with ground beef, a substitution of chicken cut into chunks is a healthy alternative to the traditional dish. Serve it ladled into bowls as it is or over rice for a heartier one-dish meal.

For guests, chili makes a crowd-pleasing presentation served buffet style, along with a selection of toppings such as grated cheese, scallions, cilantro, chopped avocado and sour cream. Tortilla chips and a simple green salad complete the meal.

The next day, picadillo chili can be used for filling tortillas for lunch. Simply reheat leftovers and spoon onto a warmed flour tortilla. Add shredded cheese if you still have some, roll up and serve.

## Quick Chicken Picadillo Chili

2 tsp. ground cumin

2 tsp. chili powder

1 tsp. salt

1/4 tsp. cinnamon

1 lb. boneless, skinless chicken breasts cut into 1-inch chunks

1 Tbsp. vegetable oil

1 large onion, chopped

4 cloves garlic, minced

2 cans (14.5 oz. each) Mexican-style diced tomatoes, undrained

1/2 cup chipotle salsa or medium heat salsa

3/4 cup Sun-Maid Raisins

1 can (16-oz.) red or black beans, drained

Optional toppings: chopped cilantro, shredded cheddar cheese, sour cream

Combine cumin, chili powder, salt and cinnamon. Coat chicken evenly with seasonings. Heat oil in a large saucepan over medium heat. Add onion and cook 5 minutes. Add chicken and garlic. Cook 3 minutes, stirring occasionally. Stir in tomatoes, salsa and raisins. Bring to a simmer. Cover and cook 10 minutes.

Stir in beans. Cover and continue to simmer 5 minutes. Ladle into bowls and serve with desired toppings. Makes 6 servings.