Green Chile Chicken and Corn Pot

2 hearty bowls · Active 15 min · Total 35 min

Skills: Easy

Ingredients

- 1 teaspoon olive oil (5 ml)
- 1 small onion, finely diced (100 g)
- 1/2 teaspoon ground cumin
- 1 can chopped green chiles (4 oz/113 g), with liquid
- 1 cup low-sodium chicken stock (240 ml)
- 1 can cannellini beans (15 oz/425 g), drained and rinsed
- 1 cup frozen corn (150 g)
- 1 1/2 cups fully cooked chicken, shredded (225 g)
- 2 oz plain cream cheese, cut into small cubes (55 g)
- 2 teaspoons lime juice (10 ml)
- 2 tablespoons sliced scallions

Set out

2-quart saucepan, Wooden spoon, Food thermometer

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 5 minutes until softened. Stir cumin for 30 seconds.

2. Add green chiles, stock, beans and corn. Bring to a gentle simmer for 5 minutes.

3. Stir in cooked chicken and simmer for 3–4 minutes, until the mixture reaches 165°F/74°C throughout.

4. Lower the heat. Stir in cream cheese a few cubes at a time until melted. Mash a spoonful of beans against the pan side if a thicker texture is wanted.

5. Add lime juice and scallions. Serve immediately; taste before adding salt, since stock, chiles and cream cheese vary.

Use a modest cooked portion well

This pot gives a small quantity of chicken a clear role rather than hiding it in an oversized casserole. Keep the stock measure close to the recipe; a camper fridge is easier to manage when supper does not unexpectedly become four containers of soup.

A useful detail

Do not use an unmarked container of old chicken to avoid waste. Use a known date and the original storage window, or open a fresh ready-to-eat product according to its label.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, in a shallow covered container at 40°F/4°C or below. Use within 2 days or the original chicken’s shorter remaining safe period. Reheat to 165°F/74°C with a little water if needed.