

# media release

*Colorado Department of Agriculture*

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## **FOR IMMEDIATE RELEASE**

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### ***Buy Local Ingredients for Holiday Meals***

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, buy local ingredients for holiday meals and enjoy the Mile High Chicken Chili recipe.

#### **Available Now...Local Products for the Holidays**

The holidays are here, which means it's time to start baking, cooking and entertaining. There are so many delicious, healthy and easy recipes that can be made with ingredients from Colorado's own backyard. When doing your holiday shopping this year look for the Colorado Proud logo. Choose Colorado – it's Better for you and Better for Colorado. Look for Colorado food products at your local grocery store or at restaurants across the state.

#### **Mile High Chicken Chili**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

Serves 10-12

1/2 Cup Canola Oil

1 Yellow Onion, diced small

1 Yellow Bell Pepper, diced small

1 Red Bell Pepper, diced small

1 Orange Holland Pepper, diced small

1 Packet Dark Chili Seasoning

1 Packet Chipotle Chili Seasoning

Crushed Red Pepper Flakes To Taste

2-1/2 lbs. Ground Chicken

1 15 oz. Can Pinto Beans, drained and rinsed

1 15 oz. Can Black Beans, drained and rinsed

1 15 oz. Can Dark Red Kidney Beans, drained and rinsed

1 15.5 oz. Can White Hominy, drained and rinsed

1 28 oz. Can Diced Tomatoes

1 15 oz. Can Tomato Sauce

1 Cup Sweet/Smoky BBQ Sauce

Heat a large stock pot or soup pot on medium high heat. Once hot add the oil and continue to heat then slowly add the onions and peppers. Sauté the onions and peppers over medium high heat until slightly colored (approximately 5 minutes). Add the seasonings and red pepper flakes and stir well. Add the ground chicken and stir well, cooking chicken about 75% of the way (approximately 5 minutes). Add the beans, hominy, tomatoes, tomato sauce and BBQ sauce and mix well. Turn the heat up to high and bring to a boil, then turn down to simmer. Simmer covered for about 15 minutes, stirring at least once. Remove from the heat, stir well and serve with cornbread or tortilla chips. Top with sour cream and sharp cheddar cheese.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

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