



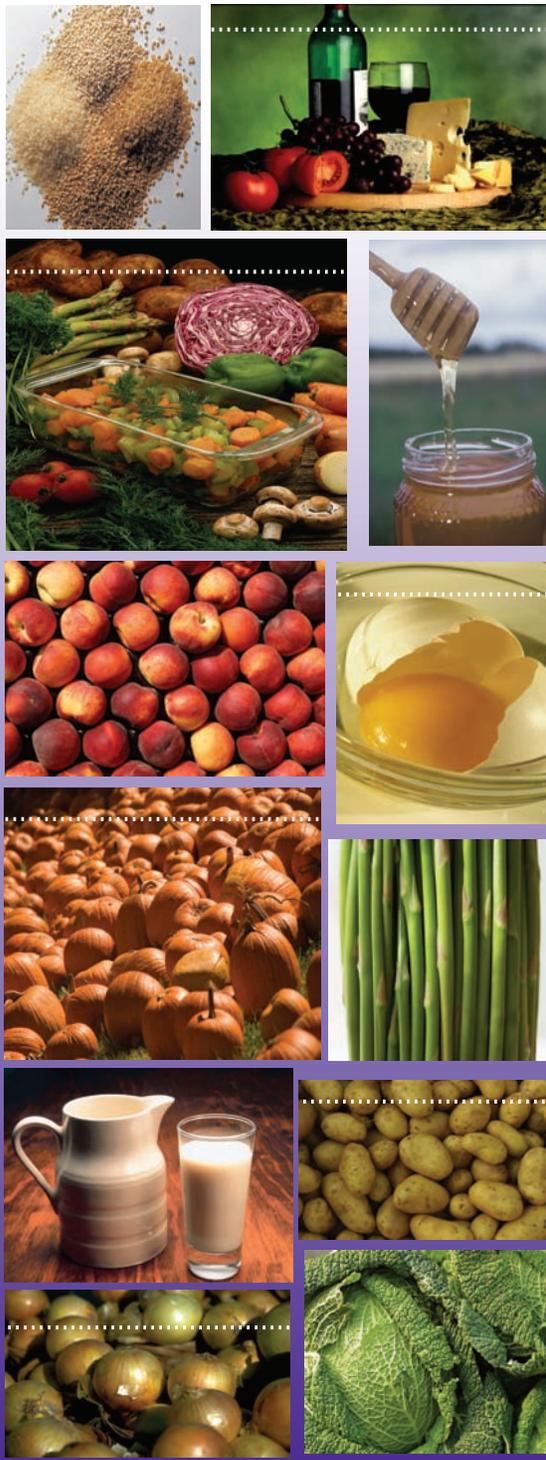
# FarmFresh

## Recipes

December 2012

**Available Now...**  
**Buy Local for the Holidays**

The holidays are here, which means it's time to start baking, cooking and entertaining!



### Fun Facts

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.



### Fresh Inspirations...

#### Mile High Chicken Chili

Serves 10-12

##### Ingredients

- |                                      |  |
|--------------------------------------|--|
| 1/2 Cup Canola Oil                   | 2-1/2 lbs. Ground Chicken                              |
| 1 Yellow Onion, diced small          | 1 15 oz. Can Pinto Beans, drained and rinsed           |
| 1 Yellow Bell Pepper, diced small    | 1 15 oz. Can Black Beans, drained and rinsed           |
| 1 Red Bell Pepper, diced small       | 1 15 oz. Can Dark Red Kidney Beans, drained and rinsed |
| 1 Orange Holland Pepper, diced small | 1 15.5 oz. Can White Hominy, drained and rinsed        |
| 1 Packet Dark Chili Seasoning        | 1 28 oz. Can Diced Tomatoes                            |
| 1 Packet Chipotle Chili Seasoning    | 1 15 oz. Can Tomato Sauce                              |
| Crushed Red Pepper Flakes To Taste   | 1 Cup Sweet/Smoky BBQ Sauce                            |

##### Directions

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.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

**Next Month... Colorado Buffalo**