

Buffalo Chicken Chili

HERE'S WHAT YOU'LL NEED

1/2 cup buffalo wing sauce
1 lb boneless, skinless chicken
1-1/2 cups chopped celery
1 can kidney beans (drained and rinsed)
1 can diced tomatoes
1 can (8 oz) tomato sauce
1 tablespoon oil
salt and pepper

LET'S GET STARTED

1. Using clean kitchen shears, cut your chicken breasts into bit size chunks.
2. Cook your chicken chunks with olive oil and seasoned with salt and pepper, in the pot you will stew your chili.
3. As the chicken cooks through, chop the celery into 1/2 inch pieces.
4. When the chicken is nearly cook through, toss the celery into the pot and coat with oil and seasoning.
5. Rinse the beans and add chili ingredients to the chicken and celery.
6. Simmer over medium to low heat for about 15 minutes.
7. Serve with bread and topped with blue cheese crumbles and raw celery pieces.