



## Chicken Chili in a Mug



Entire recipe: 254 calories, 2.5g total fat (0.5g sat. fat), 808mg sodium, 32g carbs, 8g fiber, 10g sugars, 24.5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes or less



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### Ingredients

1/4 cup chopped bell pepper  
2 tbsp. chopped onion  
3/4 cup canned crushed tomatoes  
2 oz. cooked and chopped skinless chicken breast  
1/4 cup chili beans (pinto beans in chili sauce), not drained  
2 tbsp. frozen sweet corn kernels  
1 tsp. chili seasoning  
1/4 tsp. garlic powder  
Dash cayenne pepper  
Optional toppings: light sour cream, fresh cilantro

### Directions

In a large microwave-safe mug, combine bell pepper, onion, and 1 tbsp. water. Cover and microwave for 1 minute and 15 seconds, or until soft.

Add all remaining ingredients, and mix well. Re-cover and microwave for 2 minutes, or until hot.

**MAKES 1 SERVING**

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