

LONESTAR
CHICKEN
CHILI SUB

HOUSTON, TX

LONESTAR CHICKEN CHILI SUB

PREP TIME: 10 MIN TOTAL TIME: 45 MIN SERVES: 8

INGREDIENTS

18 ounces pre-cooked chicken strips
2 cups black beans, canned, drained
24 ounces spaghetti sauce, no salt added
2 ½ tablespoons chili powder
1 red bell pepper, small diced
1 green bell pepper, small diced
¼ cup jalapeno pepper slices, canned
4 ounces cheddar cheese, shredded
8 whole wheat sub rolls

PREPARATION

- 1 Combine chicken, drained black beans, spaghetti sauce and chili powder in a large sauce pot. Bring chili to a simmer over medium-low heat.
- 2 While sauce is simmering, sauté bell peppers and jalapeno until translucent.
- 3 Add cooked peppers to chili. Continue to simmer until chili reaches 165° F.
- 4 Ladle 6 ounces chili onto each sub roll.
- 5 Sprinkle ½ ounce of cheese over each sub.
- 6 Serve and enjoy!