



County Fair



JANUARY 2017

THE FRESH TAKE

JANUARY SPECIAL!

FREE County Fair cloth grocery bag with purchase of \$25 or more!
(Limit one per visit thru 1/31/17)
SAVE OUR PLANET!



FAST FACT

Feed your noggin'!
Did you know that oils in fish are beneficial for the heart and brain and may even lower the risk of cancer?



Visit our expanded seafood section by the butcher shop!

LET IT SNOW! LET IT SNOW!
LET IT SNOW!



Open Mon-Fri 8a-9p, Sat & Sun 8a-8p

www.countyfairfoods.net



Let's start the year off right with healthy food that tastes great from County Fair. We have a fabulous selection of high quality meats and fresh produce to nourish your body and help you feel your best!

The Baffes Family

FROM OUR COUNTY FAIR KITCHEN

Savory Chicken Chili

- 1 lb chicken breast (4 fillets)
- 1 T olive oil
- 10 cups water
- 2 cups chicken stock
- 1/2 cup tomato sauce
- 1 peeled diced potato
- 1 onion, 1 carrot and 1 celery stalk diced (or use County Fair Mirepoix in our produce section by cut fruit!)
- 1 cup frozen corn
- 1 cup canned diced tomato
- 1 (15 oz.) can red kidney beans, plus liquid



- 1/4 cup diced canned pimiento
- 1 jalapeno, diced
- 1/4 cup chopped Italian parsley
- 1 garlic clove, minced
- 1-1/2 teaspoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1 dash cayenne pepper, basil and oregano

DIRECTIONS

1. Sauté chicken breasts in the olive oil in a large pot over med/high heat.
2. Cook the chicken on both sides until done-- about 7-10 minutes per side. Cool chicken. Do not rinse the pot.
3. Shred the chicken by hand into bite-sizes pieces and place back in the pot. Add the remaining ingredients and turn heat to high.
4. Bring mixture to a boil, then reduce heat and simmer for 4-5 hours. Stir often to help the chicken pieces shred into much smaller bits. Chili should reduce substantially to thicken and darken when done.
5. If desired, combine chopped Italian parsley with sour cream and serve on the side as a topping.

10800 South Western Avenue

773-238-5576