

# Cooking Corner

Tips To Help You

## Boost Nutrition, Add Flavor Without Scorching Your Budget

(NAPSA)—Experts call it a super-food. Chefs call it a recipe necessity. Perhaps best of all, it's available in the grocery store. It's the sweet onion.

Dice it, caramelize it, chop it, sauté it, mince it. However you prepare it, a sweet onion in a dish can boost flavor and nutritional content without breaking the bank.

Sweet onions provide incredible flavor and contain protein, vitamin C, antioxidants and almost a third more sugar than regular yellow onions. This makes them a great way to add both volume and flavor to recipes. One jumbo sweet onion, the traditional size displayed loose in grocery stores, can add up to two extra servings to most recipes.

### Healthful Comfort Food That's Easy To Make And Affordable

Whether you call it comfort food or slow cooking, it conjures up warm, down-home feelings and provides an affordable, delicious way to feed your family. Few things can get your favorite slow-cooker recipe off to a better start than sweet onions.

If you're on a tight schedule or want to slow-cook a family favorite, OSO Sweet Onions add great flavor to every meal. They're grown in the mineral-rich soil at the foothills of the Andes Mountains in South America and, domestically, in Texas. As an added bonus, these onions are highly digestible so everyone can enjoy them.

#### Onion Advice

When buying sweet onions, look for those that are light golden-brown in color, with a shiny tissue, thin skin and firm, tight, dry necks. When cut into,



Cooking delicious, nutritious and comforting dishes can be sweet and simple when you know your onions.

they should have a creamy white interior and a mild aroma. Avoid onions that have soft spots or surface bruises as these onions can be lacking in flavor.

Generally, these delicious sweet onions will keep for four to six weeks or longer. Once cut, a sweet onion should be wrapped tightly in plastic wrap and refrigerated.

### Onion, Chicken And White Bean Chili

*Serves 6*

- 1 OSO Sweet Onion, ½" dice
- 2 pounds dried navy beans or great northern beans
- 6 chicken thighs, boneless, skinless (cut into 1" pieces)
- 2 cups celery, ½" dice
- 1 jalapeño pepper, seeded, ¼" dice (optional)

- 8 cups chicken stock
- ¼ cup tomato paste
- ½ teaspoon minced garlic
- 2 tablespoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 dashes Tabasco sauce (optional)

Soak beans overnight in cold water (cover with 3" of water). Drain beans. Place all ingredients in a slow-cooker and stir well. Cook for 4 hours (medium heat).

#### Learn More

You can learn more about onions and get recipes and tips online at [www.OsoSweetOnions.com](http://www.OsoSweetOnions.com).