

A Kansas SNAP-Ed *EZ Does it* Recipe

White Chicken Chili



Servings: 8

Ingredients:

- 2 tablespoons olive oil
- 4 chicken breasts, cubed
- 1 cup fat free sour cream
- 1½ cups low-sodium chicken broth
- 1 cup whole milk
- 1 teaspoon white vinegar
- 1 large onion, chopped
- 2 (4 oz.) cans green chilies, chopped
- 2 (15 oz.) cans low-sodium navy beans
- 1 teaspoon ground cumin
- 1½ teaspoons chili powder
- Salt and cayenne pepper, to taste
- 1 cup reduced fat colby jack cheese, shredded
- ¼ cup green onions, sliced



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. In a skillet over medium heat, cook chicken in oil until warmed through, about 10 minutes.
2. In a mixing bowl, stir together sour cream, chicken broth, milk and vinegar.
3. Transfer chicken to slow cooker.
4. Pour sour cream mixture over chicken in slower cooker. Add onion, green chilies, navy beans, and spices.
5. Cover and cook on low heat for 6-8 hours, or high heat for 3-4 hours.
6. Top each serving with shredded cheese and green onions , if desired.

Nutrition Facts: Each one cup serving provides 300 Calories, 9g Total Fat, 3g Saturated Fat, 390mg Sodium, 25g Total Carbohydrate, 6g Dietary Fiber, 26g Protein

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