

White Chili

5-1½ cups servings

INGREDIENTS

- 1 whole boneless, skinless chicken breast (2 breast halves), cubed
- 1 cup onion, diced
- 4 cups reduced sodium chicken broth
- 2 cans (15 oz each) white beans (drained and rinsed) (cannellini, great northern)
- 2 cans (4 oz each) diced green chiles
- 1½ cups frozen corn
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano

INSTRUCTIONS

1. Spray a large saucepan with nonstick cooking spray. Heat the saucepan over medium high heat. Add cubed chicken and diced onion. Cook and stir for 5 minutes.
2. Add chicken broth, white beans, diced green chiles, frozen corn, garlic powder, ground cumin, and oregano to the saucepan. Heat until boiling. Reduce heat to medium.
3. Cook until chicken is cooked to 165°F (about 15–20 minutes). Stir occasionally while cooking.
4. Use a potato masher to slightly mash beans to thicken the chili, if desired.

TIPS

Serve with shredded cheese, sour cream or plain yogurt, or chopped vegetables (avocado, peppers, onions).

One whole boneless, skinless chicken breast weighs about 1½–¾ pound.

Substitute one can of corn (drained) for the frozen corn.

Nutrition Facts: Calories 360, Total Fat 3.5g, Cholesterol 55mg, Sodium 600mg, Total Carbohydrates 51g, Dietary Fiber 11g, Total Sugars 5g, Added Sugars 0g, Protein 32g, Vitamin D 0cmg, Calcium 124mg, Iron 4mg, Potassium 1158mg

Source: <https://spendsmart.extension.iastate.edu/recipe/white-chili/>



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