

White Chicken Chili

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Prep Time: 3

This chili recipe is delicious and great for a cold winter day. The white beans and chicken make it a healthy variation of typical beef chili. Canned chicken is an excellent quick substitution in this recipe. Spinach can be cut up and added for additional nutrients.

- 1 Tablespoon canola oil
- 2 1/2 pounds boneless skinless chicken breasts, uncooked, cut into bite size pieces
OR 3 (12.5 ounce) cans chicken breast, drained
- Non-stick cooking spray
- 2 large onions, diced (2 cups)
- 1/2 teaspoon garlic powder
- 1 Tablespoon ground cumin
- 1 Tablespoon chili powder
- 1/2 teaspoon dried oregano
- 2 (4 ounce cans) chopped green chilies, undrained
- 1 cup water
- 2 (15 ounce) cans no-salt added white beans, rinsed and drained
- 1 (14 ounce) can no-salt added chicken broth
- 1/2 teaspoon hot pepper sauce
- 1 cup low-fat Monterey Jack cheese, shredded (4 ounces)
- 1/2 cup cilantro, minced (optional)
- 3-4 medium green onions, diced (optional) (1/2 cup)

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Heat a large pot over medium-high heat. Coat with cooking spray and add onion; sauté 6 minutes or until translucent, stirring frequently. Stir in garlic powder, cumin, chili powder and dried oregano; sauté 1 minute. Stir in chilies; reduce heat to low, and cook 10 minutes, partially covered. Add chicken, water, beans and broth; bring to a simmer. Cover and simmer 10 minutes. Stir in hot sauce. Ladle chili into 7 bowls; sprinkle each serving with 2 Tablespoons cheese, 1 Tablespoon cilantro (optional) and 1 Tablespoon green onions (optional).

Serves 7

Calories 281; Fat 6g; Protein 21g; Carbohydrate 35g; Fiber 8g; Sodium 334mg.

NOTES: _____

Total Cost: \$16.52

Cost Per Serving (7): \$2.36

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