

WHITE CHICKEN CHILI

Perfect for those cold winter nights when we're looking for something warm and comforting to eat. Feel free to use any pre-cooked shredded chicken. For a creamy finish, make sure to smash some of the beans in the pot.

Yield: 8 servings
Serving Size: 1 ½ cups

Ingredients

- 1 Tbsp. oil
 - 1 medium onion
 - ½ medium green pepper, chopped
 - 1 medium red pepper, chopped
 - 2 garlic cloves, minced
 - 8 cups low-sodium chicken broth
 - 1 can (10 oz) white chunk chicken
 - 2 cans (15 oz each) low-sodium white beans
 - 2 tsp. chili powder (no salt added)
 - 1 tsp. ground cumin
 - 1 tsp. dried oregano
 - Cayenne pepper (optional)
 - Salt and pepper to taste
- To serve:*
- ½ cup shredded reduced-fat Monterey Jack cheese
 - 3 Tbsp. chopped fresh cilantro

Directions

In a large soup pot, heat oil. Add onion, red and green peppers and sauté until softened.

Add the garlic cloves and sauté until fragrant.

Add the chicken broth, chicken, beans, and tomatoes.

Stir in the chili powder, cumin, oregano and cayenne pepper, if using.

Bring to a boil. Cover and simmer over medium heat for about 30 minutes. Taste and add salt and pepper, to taste.

Smash some of the beans with the back of a spoon to thicken the chili slightly. Ladle into bowls. Sprinkle each serving with 1 tablespoon cheese and garnish with cilantro.



Nutrition Facts	
8 servings per container	
Serving size 1.5 cup (127g)	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	12%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 5mg	30%
Potassium 930mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.