



WHITE BEAN CHICKEN CHILI

Looking for inspiration for your next healthy and hearty go-to weekday meal? Look no further! This white bean chicken chili is an excellent heart-healthy alternative to a beef chili, and it delivers the same satisfying fullness. You can enjoy this delicious, seasonal bowl even more knowing it contains lean protein and less sodium than traditional chicken noodle soup.

Yield: 4 servings

Ingredients

- 1 tablespoon **olive oil**
- 1 **jalapeno**, seeded and minced (optional)
- 1 small **yellow onion**, diced
- 1 clove **minced garlic**
- ½ tsp **dried oregano**
- 1 tsp **ground cumin**
- 2 **chicken breasts**, cut into quarters
- 3 cups **low-sodium chicken broth**
- **salt and black pepper**, to taste
- 1 can **great northern beans**, drained and rinsed (low sodium preferred)
- ¾ c **frozen or canned corn** (low sodium preferred)

Instructions

1. In a large pot, over medium heat, heat oil. Add onion and jalapeno (if using) and cook until soft, about 5 minutes. Add garlic, oregano, and cumin and cook for about 1 minute.
2. Add chicken and broth to the pot and lightly season with salt and pepper. Bring to a boil, then reduce heat and simmer, covered for 10 to 12 minutes, until chicken is tender and cooked through.
3. Transfer chicken to a plate and shred using two forks. Return chicken and juices to the pot; add white beans and corn. Bring to a simmer and let cook for 10 minutes. Use a wooden spoon to mash ¼ of the beans. Adjust flavor with salt and pepper, then turn off heat. Serve while warm.

Per Serving: Calories 269, Carbohydrates 39 g, Protein 18 g, Saturated Fat 1 g, Sodium 72 mg, Fiber 10 g, Sugars 5 g

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from delish.com

