



White Chicken Chili

Here is a flavorful dish made with hearty beans, tender chicken, and a rich, creamy broth! This is a great alternative to traditional beef chili

Yields: 6 Servings

Serving Size: 1.5 cups

Ingredients:

- 1 Tbsp **olive oil**
- 1 small **yellow onion**, diced
- 2 **cloves garlic**, finely minced
- 2 (14.5 oz) cans low sodium **chicken broth**
- 1 can of diced **green chiles**
- 1 1/2 tsp **cumin**
- 1/2 tsp **paprika**
- 1/2 tsp dried **oregano**
- 1/2 tsp ground **coriander**
- 1/4 tsp **cayenne pepper**
- 2 (15 oz) cans of **cannellini beans**
- 1 (8 oz) light **cream cheese**
- 1 1/4 cup fresh or frozen **corn**
- 2 1/2 cups shredded **cooked rotisserie** or **left-over chicken**
- 1 Tbsp fresh **lime juice**
- 2 Tbsp chopped fresh **cilantro**
- **salt** and **ground black pepper** to taste
- Optional toppings: Tortilla chips/strips, Monterrey jack cheese, sliced avocado for serving

Instructions:

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté for 4 minutes. Add garlic and sauté for 30 more seconds.
2. Add broth, chiles, and all seasonings, and bring the mixture to a boil. Reduce heat to medium-low and simmer for 15 minutes
3. Drain and rinse the beans. Measure out 1 cup and transfer to a blender with 1/4 cup of broth from the soup. Blend until smooth.
4. Add cream cheese, corn, the rest of the whole beans, and blended beans to the soup. Simmer for 5-10 minutes.
5. Stir in chicken, fresh lime, and cilantro. Serve with Monterrey Jack cheese, cilantro avocado slices, and tortilla chips

Per Serving: Calories 383 kcal, Carbohydrates 35 g, Protein 33 g, Saturated Fat 6 g, Sodium 525 mg, Fiber 12 g, Sugars 5 g
This recipe was adopted from Cooking Classy.

