

White Chicken Chili



Ingredients

- 1 tablespoon **oil**
- 1 pound boneless, skinless **chicken breasts**, cut bite-sized
- 1 **onion**, chopped
- 1 ½ teaspoons **garlic powder** or 6 cloves **garlic**
- 2 cans (15.5 ounces each) **white beans**, rinsed and drained
- 2 cups (or 14.5 ounce can) **chicken broth** (see notes)
- 2 cans (4 ounces each) chopped **mild green chilies**
- 1 teaspoon ground **cumin**
- 1 teaspoon dried **oregano leaves**
- ½ teaspoon **pepper**
- ¼ teaspoon **cayenne pepper** or **chili powder** (optional)
- 1 cup **sour cream** or **plain yogurt**
- ½ cup nonfat or 1% **milk**

Directions

1. Heat oil in a large saucepan; sauté the chicken, onion and garlic until chicken is no longer pink.
2. Add the beans, broth, chilies and seasonings.
3. Bring to a boil. Reduce heat; simmer uncovered, for 30 minutes.
4. Remove from the heat; stir in sour cream and milk.
5. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- You may want to let chili cool slightly before adding sour cream and milk to prevent curdling
- Instead of chicken use turkey or an additional 2 cups of cooked beans.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Serve with hot sauce or black pepper.

Nutrition Facts
Service Size: 1 Cup
Servings: 8
Calories: 266
% Daily Value*
Total Fat 12.8g
Saturated Fat 5.4g
Cholesterol 65mg
Sodium 629mg
Total Carbohydrate 14.2g
Dietary Fiber 3.5g
Total Sugars 1.8g
Protein 24.4g
Vitamin D 8mcg
Calcium 113mg
Iron 3mg
Potassium 480mg
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

SOURCE: <https://www.foodhero.org/recipes/white-chicken-chili>