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# White Bean Chicken Chili

*Glorious Gourmet PCS Gloria Luzzatto*

*USPCA with adaptations*

Servings: 4

Start to Finish Time: 45 minutes



*Southwestern spiced Chicken Chili with White Beans and Vegetables garnished with Avocado Slices and served with a Gluten Free Cornbread*

- 1 1/4 pounds boneless chicken, thighs or a combination of breast and thighs**
- 2 tablespoons safflower oil, or other oil**
- 2 medium jalapeno chile pepper, seeded and chopped**
- 1 medium yellow onion, diced**
- 1 large red bell pepper, seeded and medium diced**
- 1 large carrot, medium diced**
- 3 cloves garlic, peeled and chopped**
- 3 tablespoons arrowroot powder, or Potato Starch**
- 2 teaspoons chili powder, or Ancho Chili Powder**
- 1 teaspoon dried oregano**
- 2 teaspoons ground cumin**
- 1 teaspoon kosher salt**
- 1/2 teaspoon ground white pepper**
- 2 cups chicken stock, from poaching the chicken**
- 32 ounces canned cannellini beans, drained - other canned white beans can be used**
- 1/4 cup fresh cilantro, leaves and stems chopped**
- 4 ounces monterey jack cheese, grated (optional)**
- 1 medium avocado, seed and skin removed and sliced to serve with Chili**
- 1 cornbread**
- 1 cup fresh tomato salsa, accompaniment**

EQUIPMENT/UTENSILS: large pot with lid, cutting board, knife, measuring spoons and cups, spoon, bowls for cut up chicken and chicken stock

Prepare all the vegetables listed in the ingredients and place in a bowl and set aside while you cook the chicken in the next step.

In a large pot filled with 4 cups of water, bring water to a simmer and add the chicken thighs to the simmering water. Cook (poaching) the chicken for 15 minutes. Remove the chicken thighs from the water and place on a plate to cool. When the chicken is no longer hot cut the chicken into small bite size pieces. Remove 2 cups of the poaching liquid from the pot and set aside (this poaching liquid will be added to the chicken broth for the chili). The remaining chicken stock can be saved for another use or discarded.

In the same large pot that you poached the chicken, add the oil and heat the oil on medium heat. When the oil is hot add the jalapeno, onion, bell pepper, carrot, garlic and the chicken pieces. Cook approximately 3-5 minutes, until vegetables soften. Stir in Arrowroot, oregano, chili powder, cumin, salt and white pepper. Continue to cook 1 minute longer. Stir in chicken

broth and reserved poaching stock. Simmer, covered 20 minutes. Stir in the drained beans and cilantro. Taste test to see if additional salt and white pepper is needed.

While the chili is cooking, cut the avocado into slices. Serve the chili in individual bowls and topped with the avocado slices and cheese (if using). On the side serve the cornbread and salsa.

The chili can be frozen and reheated if you want to save some for another meal.

*Serving Ideas: Warm Cornbread with tomato salsa on the side*

Cuisine: Family Cookbook

**Family Recipe, Main Course, Main Dish, Soup**