

Fujian Orchid White Chili

PROTEINS:

1 lb ground chicken
1 lb ground turkey

1 lb ground pork

BEANS:

1 C dried white beans (such as cannellini or great northern), soaked overnight and drained

VEGETABLES:

1 lg onion, diced
4 cloves garlic, minced

3 fresh jalapeños, seeded and minced

LIQUIDS:

4 C chicken broth
1 C milk or half-and-half (optional, for creaminess)

1 T of Fujian Orchid tea, placed into a teabag

SPICES:

2 t ground cumin
1 t ground coriander
1 t white pepper
1 t dried oregano

1/2 t ground cayenne pepper (optional, for extra heat)
Salt to taste

OTHER:

2 T olive oil
Juice of 1 lime

Fresh cilantro, chopped (for garnish)

PREPARE THE BEANS: Soak the dried white beans overnight in plenty of water. Drain and rinse them before using.

COOK THE PROTEINS: In a large pot or Dutch oven, heat the olive oil over medium-high heat. Add the ground chicken, turkey, and pork. Cook until browned, breaking up the meat with a spoon as it cooks. Remove the meat and set aside.

SAUTÉ THE VEGETABLES: In the same pot, add the diced onion, garlic, and minced jalapeños. Sauté until the vegetables are softened, about 5-7 minutes.

COMBINE INGREDIENTS: Return the browned meats to the pot with the sautéed vegetables. Add the soaked white beans, chicken broth, cumin, coriander, white pepper, dried oregano, and cayenne pepper (if using). Stir to combine. Place the Fujian Orchid tea in a teabag and add it to the pot.

SIMMER: Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 1.5 to 2 hours, or until the beans are tender and the flavors have melded together, stirring occasionally. Remove the teabag after about 30 minutes to avoid over-infusing.

ADD CREAMINESS (OPTIONAL): If you prefer a creamier chili, stir in the milk or half-and-half during the last 15 minutes of cooking.

FINISH WITH LIME JUICE: Just before serving, stir in the lime juice to brighten the flavors.

ADJUST SEASONING: Taste the chili and adjust the seasoning with more salt, white pepper, or spices as needed.

SERVE: Serve the chili hot, garnished with chopped fresh cilantro. You can also add toppings like shredded cheese, sour cream, or avocado slices if desired.