

WHITE BEAN CHICKEN CHILI

Gluten-Free, Nut-Free, Egg-Free

Yield: 10 servings **Total time:** 35 minutes



D'LISH

Ingredients

1. 3 cans low-sodium white beans (cannellini beans, navy beans)
2. 2 tbsp olive oil
3. 2 red bell peppers, chopped
4. 1 onion, chopped
5. 3 garlic cloves, minced
6. 1 tbsp chili powder
7. 1 tsp cumin
8. 1 tsp oregano
9. 2 cups low-sodium chicken broth
10. 2 cups low-fat or non-fat milk
11. 1/4 cup fresh cilantro
12. 3/4 lbs (12 ounces) boneless skinless chicken breast
13. 1/4 tsp salt
14. 1/4 tsp pepper

Directions

1. Preheat oven to 350 degrees. Rub chicken with 1 tbsp olive oil and place on a baking sheet. Sprinkle generously with salt and pepper. Roast the chicken for 25-30 minutes. Let cool and cut into 3/4 -inch cubes.
2. Chop peppers and onion and sauté in stockpot with 1 tbsp olive oil for 1-2 minutes. Add minced garlic, spices and chicken broth. Cover pot with lid and simmer for 20 minutes.
3. Add milk, beans, and cooked chicken. Allow to thicken before adding fresh cilantro. Heat through. Serve with toppings (corn tortillas, cheese, sour cream, chives, lime).

Grocery List

- White beans
- Olive oil
- Red bell peppers
- Onion
- Garlic
- Chili powder
- Cumin
- Oregano
- Chicken broth
- Milk
- Fresh cilantro
- Chicken

Kitchen Equipment

- Can opener
- Cutting board
- Chef's knife
- Stockpot with lid
- Wooden spoon
- Measuring cups
- Measuring spoons

Per serving: Calories: 210; Total Fat: 5g; Saturated Fat: 1g; Cholesterol: 30mg; Sodium: 150mg; Total Carbohydrates: 25g; Fiber: 5g; Protein: 18g

Prep tip

- If using regular canned white beans, rinse and drain before using for less sodium.
- May use any vegetable oil in place of olive oil.
- May use fresh parsley in place of fresh cilantro.
- May use a mix of other spices such as cayenne pepper, cumin, or oregano in place of chili powder.

Nutrition Information

- White beans are nutrient dense and low in fat and calories. They are packed with fiber and protein and are a rich source of numerous micronutrients, like copper, folate, iron, magnesium, and vitamin B6.
- Regularly eating white beans can help promote a healthy body weight, boost muscle mass, and support digestive health.

Notes