RECIPE

White Chicken Chili

Small Changes, BIG Difference!

This recipe will be a hit with your family! It has enough spice for flavor, but not so much that it turns off the younger kids.

Makes: 8 servings
Prep Time: 20 minutes
Cook Time: 30 minutes
Source: foodhero.org recipes - white chicken chili

Ingredients

- 1 tablespoon oil
- 1 pound boneless, skinless chicken breasts, cut bite-sized
- 1 onion, chopped
- 1½ 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

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	300
Total Fat:	10g
Saturated Fat:	3.5g
Cholesterol:	60 mg
Sodium:	580 mg
Total Carbohydrates:	30 g
Dietary Fiber:	6g
Total Sugars:	5g
Added Sugars:	0 g
Protein	23g

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.

Utensils Needed

- Large saucepan
- Sharp knife
- Cutting board
- Can opener
- Measuring spoons
- Measuring cup
- Wooden spoon
- Container with lid

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