White Bean Chili

Sauté…

1 tbs oil
1 onion (chopped)
2 cloves garlic
2 tsp ground cumin

Add… (Do not drain the cans)

2 whole cooked chicken breasts, de-boned & skinned, cut in small pieces
2 cans (15 oz.) white northern beans*
2 cans (15 oz.) garbanzo beans
2 cans (15 oz.) white hominy
2 cans (12 oz.) white corn
2 cans (4 oz.) diced green chilies
1 can (15 oz.) chicken broth
*(You can use other varieties of white beans…e.g., white kidney beans)

Hint: *To reduce the sodium; drain, measure, and rinse the canned items. Replace the liquid with equal amounts of chicken broth.*

Simmer...

1 to 2 hours or all day on low heat in a crock pot; serve with grated cheese (horseradish cheese is great!) and tabasco sauce, if desired.

Nutrition Facts

White Chili

Serving Size: 1 serving

Amount Per Serving	
Calories	348
Total Fat	5.1g
Saturated Fat	0.9g
Trans Fat	0g
Cholesterol	32mg
Sodium	664mg
Carbohydrate	50.4g
Dietary Fiber	10.6g
Sugars	4.8g
Protein	25.1g

Vitamin A 1%	Vitamin C 8%
Calcium 8%	Iron 18%