

White Bean Chicken Chili



INGREDIENTS (Serves 4 to 6)

- 2 tablespoons canola oil
- 1 large onion, chopped
- 4 large garlic cloves, chopped
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon chopped dried chipotle pepper
- 1 pound boneless chicken thighs, cut into 1-inch pieces
- 3 15-ounce cans cannellini beans
- 1 cup chicken broth
- 1 7-ounce can diced mild green chilies
- ½ cup whipping cream
- Salt and pepper to taste
- 1 jar green salsa or tomatillo salsa (optional)
- Chopped fresh cilantro (optional)
- Cheddar cheese (optional)

PREPARATION

1. Heat oil in a Dutch oven over medium heat. Add onion, garlic, cumin, oregano and dried chipotles. Sauté 5 minutes. Push onion mixture to one side of pan.
2. Season chicken with salt and pepper and add to empty side of pan. Sauté chicken 4-5 minutes until it is lightly golden.
3. Drain beans. Add beans, broth, chilies and whipping cream to pot. Simmer until chicken is tender and cooked all the way though, about 10 minutes.
4. Season to taste with salt and pepper.
5. Top with green or tomatillo salsa, cilantro, cheddar cheese or more chilies.

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SHOPPING LIST

Produce

- 1 large onion
- Garlic cloves
- Cilantro (optional)

Grocery

- Chicken broth
- 7 oz. can mild green chilies
- 3 15-oz. cans cannelloni beans
- Canola oil
- 1 jar green or tomatillo salsa (optional)

Dairy

- Whipping cream
- Cheddar cheese (optional)

Meat

- 1 pound boneless chicken thighs

Spices/seasonings

- Ground cumin
- Dried oregano
- Dried chipotle pepper

SERVING SUGGESTION

Serve with jalapeno cornbread and/or your favorite type of cheese or stuffed quesadillas.

NUTRITIONAL INFORMATION

Per Serving: 828 calories, 14 g. fat, 35 mg. cholesterol, 128 g. carbohydrate, 31 g. dietary fiber, 52 g. protein, 374 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Neighborhood Co-op Grocery • Carbondale, Ill.

