

White Chili

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Time: 1 .5 hours

Instructions

1. Sauté onion and garlic with olive oil in a soup pot until it is tender
2. Add chiles, cumin, oregano, cayenne pepper, and salt to also sauté
3. Stir in chicken broth, beans, and chicken
4. Bring to a boil, cover, and simmer for about 25 minutes
5. Stir in cilantro and cheese right before serving

Ingredients

- 1 small onion, chopped
- 2 cloves minced garlic
- 1 tbsp. olive oil
- 4 ounce can chipped green chiles, drained
- 1 tsp of powdered cumin
- 1/2 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon of salt
- 1 and 1/2 cups of low sodium chicken broth
- 2/3 cup of cooked white kidney beans (rinsed and drained)
- 8 ounces of cooked chicken breast, cubed (about 2 cups)
- 1/4 cup of chopped fresh cilantro
- 1/2 cup shredded Monterey Jack cheese

Notes:

Makes 3 servings— my kids even love this recipe!