

Bakerlady



White Bean and Chicken Chili

3 (15 oz.) cans white beans, rinsed and drained (any white bean will work just fine)

4 cups low-sodium chicken broth

1 tablespoon olive oil

3 large chicken breasts (2 1/2 pounds)

2 cups frozen corn

1/2 teaspoon salt

1/4 teaspoon pepper

2 onions, chopped

4 cloves garlic, chopped

2 (4 oz.) cans roasted green chilies, drained

2 teaspoons ground cumin

Garnish: sour cream, green onions, shredded cheese

1. Cube the chicken. In a large saucepan, brown over medium high heat in a little olive oil.

2. Remove the chicken to a plate and in the same pan, saute the onion until just softened.

3. Add the garlic until fragrant (about 60 seconds). Add 1 cup of the broth and use it to scrape up any brown bits on the bottom of the pot.

4. Puree one can of the rinsed beans with a little bit of broth and add to the pot. Then add the other two cans of beans, the broth, the cooked chicken, corn, all the spices and chilies.

5. Bring to a boil, then turn heat down and simmer 1 hour.
6. Serve topped with sour cream, cheese and sliced green onions.