



White Chili

Ingredients

1 lb. small white beans, dry
6 cups chicken broth
1 tsp. chicken stock, dry
1 cup white onions, chopped
1 Tbsp olive oil
8 tsp. minced garlic
6 oz. green chilies, chopped
4 tsp. cumin powder
2 tsp. ground oregano
2 tsp. red cayenne pepper
6 chicken breasts, boneless and skinless

Nutrition Facts (per serving)

Calories	361
Fat (g)	5
Saturated Fat (g)	-
Cholesterol (mg)	82
Sodium (mg)	626
Carbohydrate (g)	32
Fiber (g)	12
Protein (g)	46
Calcium (mg)	-

Preparation

Soak beans about 6 hours. Drain. Add chicken stock and boil on high, covered 45 to 60 minutes or until tender. Add more water and/or chicken broth as needed for your taste. Heat oil on medium heat and sauté onions and garlic until tender. Add chicken and brown. As chicken cooks, add green chilies, cumin and cayenne pepper. Add to beans and stock and simmer for about 40 minutes.

Serving Size: 1 ½ cups

