

White Chicken Chili

This recipe will be a hit with your family! It has enough spice for flavor, but not so much that it turns off the younger kids.

Makes: 8 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Source: foodhero.org recipes - white chicken chili

Ingredients

- 1 tablespoon oil
- 1 pound boneless, skinless chicken breasts, cut bite-sized
- 1 onion, chopped
- 1½ teaspoons garlic powder or 6 cloves garlic
- 2 cans (15.5 ounces each) white beans, rinsed and drained
- 2 cups (or 14.5 ounce can) chicken broth (see notes)
- 2 cans (4 ounces each) chopped mild green chilies
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- ½ teaspoon pepper
- ¼ teaspoon cayenne pepper or chili powder (optional)
- 1 cup sour cream or plain yogurt
- ½ cup nonfat or 1% milk

Directions

1. Heat oil in a large saucepan; sauté the chicken, onion and garlic until chicken is no longer pink.
2. Add the beans, broth, chilies and seasonings.
3. Bring to a boil. Reduce heat; simmer uncovered, for 30 minutes.
4. Remove from the heat; stir in sour cream and milk.
5. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	300
Total Fat:	10g
Saturated Fat:	3.5g
Cholesterol:	60 mg
Sodium:	580 mg
Total Carbohydrates:	30 g
Dietary Fiber:	6g
Total Sugars:	5g
Added Sugars:	0 g
Protein	23g

Utensils Needed

- Large saucepan
- Sharp knife
- Cutting board
- Can opener
- Measuring spoons
- Measuring cup
- Wooden spoon
- Container with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$13.01

Average cost/serving: \$1.63

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1 pound boneless chicken
breasts



Add 1 to Cart
32 oz plain, low-fat yogurt



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
1 quart low-fat milk



Add 1 to Cart
1 onion



Add 2 to Cart
15.5 oz white beans



Add 1 to Cart
2 cups chicken broth



Add 2 to Cart
4 ounces mild green chilies

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Instead of chicken use turkey or an additional 2 cups of cooked beans.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Serve with hot sauce or black pepper.