

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

NOVEMBER 2021

NOURISHING YOU - White Chicken Chili

Recipe by Ben Taylor

This chili recipe will warm you up, satisfy your appetite and is incredibly simple! Combine the ingredients in your slow cooker, set the time and don't worry about it for most of the day. It isn't an overly spicy chili, but the toppings you choose can add an extra kick of flavor.

Ingredients

- 1 ¼ lbs (2-3 breasts, depending on size) boneless skinless chicken breasts
- 4 c. chicken stock
- 2 cans white beans, rinsed and drained (your choice of Great Northern, white kidney, or cannellini)
- 2 cans (4.5 oz cans) diced green chilis
- 3 cloves garlic, minced
- 1 small yellow onion, finely diced
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- ½ tsp. kosher salt
- ¼ tsp. cayenne pepper
- ¼ c. fresh cilantro, chopped



Photo Credit: WellPlated.com

- Lime (optional)

Instructions

1. Place chicken in the bottom of a 6-quart or larger slow cooker.
2. Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine.
3. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through.
4. Remove the chicken breasts, shred and return to the slow cooker. Add cilantro, combine, and serve with a squeeze of fresh lime juice.
5. Top with your choice of sour cream, Greek yogurt, sliced jalapenos, diced avocado, shredded cheese, or tortilla chips.
6. For a thicker chili, start with only 2 cups of chicken broth and add more after you shred the chicken if needed.

Nutrition information (serving size 1 cup): Calories 315 | Carbs 36 g | Fat 4 g | Protein 34 g

