

White Chili

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/white-chili>

Ingredients

- 4 cups white beans (cooked, see recipe)
- 1 tablespoon olive oil
- 2 red pepper (chopped)
- 1 onion (large, chopped)
- 1 chopped green chili (can adjust to taste)
- 3 garlic (cloves, minced)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups chicken broth (low sodium)
- 2 cups milk, low-fat (1%)
- ¼ cup cilantro
- ¾ pound chicken (cooked and cubed)
- 6 corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Saute peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Makes 10 servings

Serving size: 1/10 of recipe

Nutrition information per serving

Calories: 208	Dietary Fiber: 6 g
Total Fat: 4 g	Sodium: 96 mg
Saturated Fat: 1 g	Protein: 15 g
Cholesterol: 16 mg	Carbohydrates: 30 g