



WHITE CHICKEN CHILI

Serves 6 Parenthesis serves 3

INGREDIENTS:

1 T. olive oil

2 medium onions (1,5 cup, bout 8oz), chopped (1) 4 oz

4 cloves garlic, minced (2)

2 - 4-oz. cans chopped green chilies (1)

4 C. * cooked chicken, chopped (2)

2 tsp. ground cumin (1)

1.5 tsp. dried oregano, crumbled (3/4)

1/4 tsp. cayenne or crushed red pepper (depending on taste) (1/8)

3 **16-oz. cans great northern beans, drained & rinsed (2) (2 1/4 C dried)

6 C. *** chicken broth (3) (Stove and Instapot 6C, slow cooker 5C)

3 C. **** grated Monterey jack cheese (2)

Salt

Pepper

Sour Cream ****

Stove top: Heat oil in a large heavy pot at medium/high. Add onions and sauté until translucent, about 10 minutes. Add garlic, chiles, chicken, cumin, oregano and hot pepper.

Sauté for 2 minutes. Add beans and chicken broth. **Bring to a boil, reduce heat, and simmer 2 hours or more.**

Instapot: Heat oil. Add onions and saute until translucent, about 10 min. Add garlic, chiles, chicken, cumin, oregano, and hot pepper. Saute for a couple of minutes. Add beans and chicken broth. Instapot 1 hour 45 minutes at low pressure.

Add 1 cup of the grated cheese (3/4) and stir until melted and thick. Season with salt and pepper. Serve with remaining cheese and the sour cream.

Notes: Amount in green is for 2 servings.

You can use precooked chicken strips or chunks, use 3 to 4 oz. per serving

* Morning Star Farms - Chik'n Strips - Veggie Meal Starter (whole bag = 4 cups), or Quorn Meatless Pieces, whole bag.

** $\frac{3}{4}$ C. of Dried beans = 16 oz can. No Sodium

*** Imagine - No-Chicken Broth - vegetarian, low sodium 140mg/serving, Whole foods/Amazon 365 low sodium 110mg/serving, Aldi unsalted & fat free 65mg/serving, Meijer fat free/unsalted 95mg/serving

**** Daiya Dairy Free "Cheese" Classic Blend (it melts), Good Krama plant based sour cream