

## White Chicken Chili

Get dinner on the table in less than 30 minutes with this white chicken chili recipe. This versatile recipe uses pantry staples, so you can make dinner even if you haven't been to the store for a while. You can also cook it in the crock pot if you want dinner to be ready (and your house to smell delicious) right when you get home.

**Makes:** about 4 adult servings, or 2 adult and 4 kid servings

**Takes:** about 30 minutes

### Ingredients:

1 onion, chopped (optional, you can sub 1 Tablespoon dried onion flakes if needed)

2-3 cloves garlic, chopped (also optional, you can sub 1 teaspoon garlic powder if needed)

1 ½ teaspoons ground cumin

½ teaspoon oregano

½ teaspoon paprika or chili powder (optional)

4 cups chicken broth

1 or 2 cans green chilis, do not drain

2 cans white beans, drained (great northern, cannellini, any white bean)

1 or 2 cans cooked chicken (can replace with fresh chicken, just brown 1-2 breasts in the first step before adding the onion)

Optional: 8 oz low fat cream cheese OR ½ cup whole milk yogurt OR ½ cup sour cream

### Directions:

1. Chop onion in pieces as small as you can (or measure 1 tablespoon dried onion flakes)
2. Chop garlic into pieces as small as you can (or measure 1 teaspoon garlic powder)
3. Heat 1 tablespoon of oil over high heat in a pot.
4. Once oil is hot, add in onion and cook over medium heat until it is soft and see through (skip this if using dried onion)
5. Add garlic and cook 1 minute (skip this if using garlic powder)
6. Add chicken broth and green chilis (do not drain the chilis)
7. Drain the beans and add them to the pot
8. Drain the chicken and add it to the pot
9. Turn heat back to high and bring the soup to a boil. Once boiling, turn heat down to a simmer (barely bubbling) and simmer for at least 5 minutes, but up to 30 minutes (to combine all the flavors).
10. Optional: When soup is finished cooking, stir in cream cheese OR yogurt OR sour cream. Cream cheese tastes the best. My husband cannot taste the difference between sourcream and whole milk greek yogurt.
11. Serve with quesadillas or chips and/or avocados and a big green salad. Also good with my rice and bean salad.

To make in a crock pot: Just dump everything in a crock pot and cook on high heat for 3-4 hours or low heat for 4-8 hours. You really can't ruin this recipe.

