



WHITE CHICKEN CHILI

INGREDIENTS

2 - 3 boneless skinless chicken breasts
4 cups low-sodium chicken broth
2 15-oz cans salt-free white beans, rinsed and drained
2 4.5 oz cans diced green chiles
3 cloves garlic, minced
1 yellow onion, finely diced
2 tsp ground cumin
1 tsp dried oregano
1/2 tsp kosher salt
1/4 tsp cayenne pepper
1/4 c chopped fresh cilantro
Fresh lime wedges

Optional Toppings:

Diced jalapeno

Diced avocado

Plain Greek yogurt

Shredded cheese

Crushed tortilla chips

DIRECTIONS

Place chicken in the bottom of a 6-quart or larger slow cooker. Add chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on LOW for 4 to 6 hours or HIGH for 2 to 4 hours, until the chicken is cooked through.

Transfer chicken breasts to a plate. When cooled, shred.

With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (Or, transfer a few ladles of the chili to a blender and roughly blend, then stir back into the chili.)

Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add desired toppings and enjoy.