

White Bean Chicken Chili

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
2. While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
3. Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked though.
4. Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
5. Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings

Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs

Use chicken breast instead.

Vegetarian

Omit the chicken and use extra beans.

Serving Size

One serving is equal to approximately one cup of chili.

Save Time

Use cooked beans from the can.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 **1/2 tps** Cumin
- 1 **tbsp** Chili Powder
- 1/2 **tsp** Sea Salt
- 3 **cups** Chicken Broth (divided)
- 3 **cups** White Navy Beans (cooked and divided)
- 1 **lb** Chicken Thighs (boneless, skinless)
- 1/2 **cup** Frozen Corn
- 1/2 **cup** Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving

Calories	290	Sugar	5g
Fat	7g	Protein	25g
Saturated	1g	Sodium	776mg
Carbs	34g	Calcium	99mg
Fiber	11g	Iron	4mg

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NUTRITION