



# White Chicken Chili

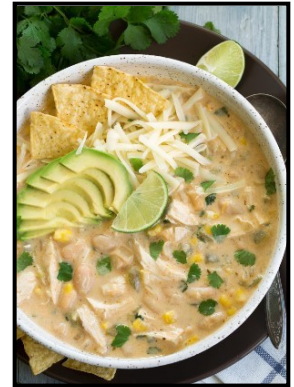


## Ingredients



Adapted from *FoodHero.org*

- 1 Tablespoon vegetable oil
- 1 pound chicken breasts, cut bite-sized
- 1 onion, chopped
- 1 ½ teaspoons garlic powder or 6 cloves garlic, minced
- 2 cans (15.5 ounces each) white beans, drained and rinsed
- 2 cups (or 14.5 ounce can) chicken broth
- 2 cans (4 ounces each) chopped mild green chiles
- 1 teaspoon cumin
- 1 teaspoon oregano
- ½ teaspoon pepper
- ¼ teaspoon cayenne pepper or chili powder (optional)
- 1 cup low-fat sour cream or plain yogurt
- ½ cup nonfat or 1% milk



## Directions



**Yield:** 8 cups **Serving size:** 1 cup

1. In a large saucepan, heat oil on medium heat. Sauté the chicken, onion and garlic until chicken is no longer pink.
2. Add the beans, broth, chiles and seasonings.
3. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
4. Remove from the heat and let cool for about a minute. Stir in sour cream and milk.
5. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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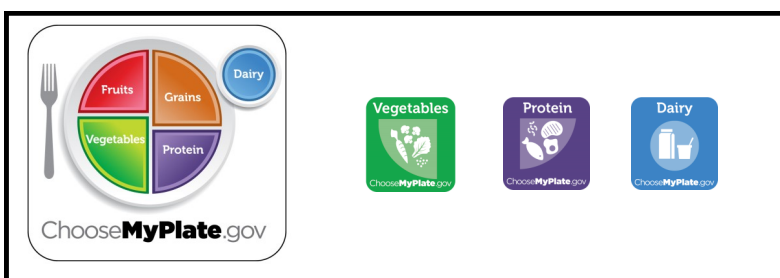
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Instead of chicken use turkey or another 2 cups of cooked beans.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Serve with hot sauce or black pepper. Try adding cilantro on top for more flavor.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (307g)
Amount per Serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 580mg	25%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 710mg	15%
Vitamin A 56mcg	6%
Vitamin C 11mg	12%

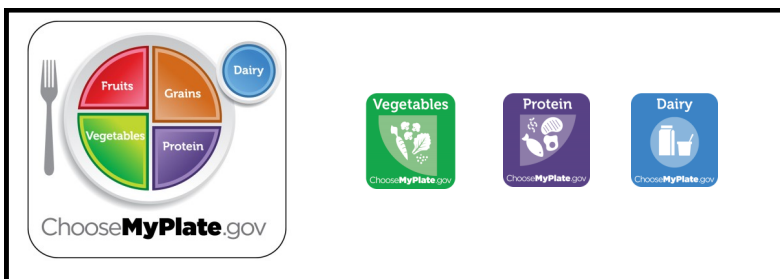
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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