



# White Chicken Chili

# Ingredients

- 1 pound lean ground chicken
- 1 medium onion, chopped
- 2 cans (15 ounces each) cannellini beans, rinsed and drained
- 1 can (4 ounces) chopped green chiles
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- Optional toppings: Reduced-fat sour cream, shredded cheddar cheese and chopped fresh cilantro

# Directions

- 1.) Wash hands for 20 seconds, with warm soapy water. Make sure to scrub around your wrists, in between your fingers, and under your finger nails.
- 2.) In a large saucepan, cook chicken and onion over medium-high heat until chicken is no longer pink, 6-8 minutes (internal temperature = 165 degrees Fahrenheit). Make sure to break up the chicken as you cook it.
- 3.) Rinse beans in a colander, under cold water.
- 4.) Pour 1 can of beans in a small bowl; mash slightly.
- 5.) Stir mashed beans, remaining can of beans, chiles, seasonings, and broth into chicken mixture; bring to a boil.
- 6.) Reduce heat; simmer, covered, until flavors are blended, 12-15 minutes.
- 7.) Serve with toppings as desired.

# Nutritional Information

- **Serving Size: 1 Cup**
- **Calories: 228**
- **Carbohydrates: 23g**
- **Proteins: 22g**
- **Fats: 5g**