



# White Chicken Chili

## Ingredients

- 1 pound ground chicken (or shredded rotisserie chicken)
- 1 medium onion, chopped (or 3/4 cup frozen)
- 2 cloves garlic, chopped (fresh or jarred)
- 2 (15.5 ounce) cans great Northern or cannellini beans, drained
- 1 (14.5 ounce) can lower sodium chicken broth
- 2 (4 ounce) cans chopped green chiles, drained
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper (optional)
- Salt, to taste
- 1/4 cup sour cream (or plain Greek yogurt)
- 1/4 cup heavy whipping cream (or half and half)

## Instructions

- In a large saucepan over medium-high heat, add chicken, onion and garlic; cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes.
- Stir in beans, chicken broth, green chiles, cumin, oregano, black pepper, cayenne pepper (if using) and salt; bring to a boil. Reduce heat and simmer until flavors have blended, about 15-20 minutes.
- Remove chili from heat; stir in sour cream and whipping cream until incorporated.

MAKES 4 SERVINGS. NUTRITION PER SERVING (WITH SOUR CREAM AND HEAVY CREAM): CALORIES: 350 | CARBOHYDRATES: 30G | PROTEIN: 28G | FAT: 16G | FIBER: 5G

ADAPTED FROM ALLRECIPES