



WHITE CHICKEN CHILI

Serves 4

**NUTRITION INFORMATION PER SERVING (WITHOUT
OPTIONAL GARNISHES): 320 CALORIES,
29 G CARBOHYDRATE, 6 G FAT, 36 G PROTEIN**

- 2 tsp olive oil**
- 2 jalapenos, minced**
- ½ cup onion, diced**
- 2 cloves garlic, minced**
- 1 lb chicken breasts, diced**
- 1 can cannellini beans, drained and rinsed**
- 1 can diced tomatoes- no salt added**
- 1 Tbsp cumin**
- 1 tsp paprika**
- 1 tsp cayenne pepper (optional)**
- 1 tsp oregano**
- 1 quart chicken broth- low sodium**
- 2 Tbsp lime juice**
- Optional garnishes: diced avocado and shredded
cheese**

DIRECTIONS:

1. In a large Dutch oven (or large pot), sauté jalapenos, onion, garlic and chicken until chicken is cooked through.
2. Add beans, tomatoes (if using), spices and broth.
3. Bring to a boil, then reduce heat and let simmer for 15-20 minutes.
4. Add lime juice
5. Serve warm and garnish with diced avocado and shredded cheese if desired.