

FREE SAMPLE RECIPE · HAWKINC KITCHEN

White Chicken Chili

Chicken, white beans, green chiles and corn in a cumin broth. 32 g protein and 11 g fiber.

Makes 5 servings | Serving: 1 1/2 cups | About $2.13 per serving | 10 min + 25 min | 32 g protein

Ingredients

- 1 whole boneless, skinless chicken breast (2 breast halves), cubed
- 1 cup onion, diced
- 4 cups reduced sodium chicken broth
- 2 cans (15 ounces each) white beans (drained and rinsed) (cannellini, great northern) or 3 cups cooked dry beans
- 2 cans (4 ounces each) diced green chiles
- 1 1/2 cups frozen corn
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano

Method

1. Coat a large saucepan with cooking spray and cook the chicken and onion over medium-high heat 5 minutes.
2. Add the broth, beans, chiles, corn, garlic powder, cumin and oregano and bring to a boil. Reduce to medium.
3. Cook until the chicken reaches 165°F, 15-20 minutes, stirring now and then.
4. Mash some beans to thicken, if you like.

Swaps: Top with cheese, plain yogurt, avocado or peppers.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (1 1/2 cups)

Calories	**360**
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	600 mg
Total Carbohydrate	51 g
Dietary Fiber	11 g
Total Sugars	5 g
Added Sugars	0 g
Protein	32 g
Calcium	124 mg
Iron	4 mg
Potassium	1158 mg

Why it's good for you

- White beans add plant protein and fiber.[1]
- Chicken adds lean protein.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/white-chili/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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