

## White Chicken Chili

6 servings

To reduce sodium content of soups, drain and rinse canned beans, use low-sodium broth, and add your own spices instead of using a seasoning packet.



- 2 Tablespoons olive, canola, or vegetable oil
- 1 onion, scrubbed with clean vegetable brush under running water, chopped
- 1 (4 ounce) can chopped green chilies, drained
- 2 (15.8 ounce) cans great northern beans (do **not** drain)
- 1 (14.5 ounce) can chicken broth
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 2 teaspoons ground cumin
- 1 1/2 cups cooked chicken, cubed
- 4 ounces Monterey Jack cheese, shredded

1. Wash hands with soap and water.
2. In a large saucepan, heat oil. Add onion and cook until tender.
3. Add green chilies, beans (do not drain), chicken broth, garlic powder, pepper, ground cumin, and chicken. Bring to a boil.
4. Reduce heat and simmer for 10 minutes or until desired thickness.
5. Serve hot, topped with cheese.

**Nutrition Information per Serving:(1/6 of recipe)** Calories 300, Total Fat 14gDV), Saturated Fat 5g, Cholesterol 45g, Sodium 670mg, Total Carbohydrates 19g, Dietary Fiber 5g, Sugars 1g, Protein 23g, Vitamin A 4%, Vitamin C 10 %, Calcium 20%, Iron 15%.