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White Chili

Hot or mild – a crowd pleaser for all ages

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)
- 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

Makes 5 servings

Instructions:

1. Spray a large saucepan with nonstick cooking spray. Heat the saucepan over medium high heat. Add cubed chicken and diced onion. Cook and stir for 5 minutes.
2. Add chicken broth, white beans, diced green chiles, frozen corn, garlic powder, ground cumin, and oregano to the saucepan. Heat until boiling. Reduce heat to medium.
3. Cook until chicken is cooked to 165°F (about 15–20 minutes). Stir occasionally while cooking.
4. Use a potato masher to slightly mash beans to thicken the chili, if desired

Notes: Serve with low-fat shredded cheese, sour cream or plain yogurt, or chopped vegetables (avocados, peppers, onions).

Source: Iowa State University.

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Nutrition Facts	
5 servings per container	
Serving size	1 1/2 cup
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 600mg	26%
Total Carbohydrate 51g	19%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	64%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.6mg	20%
Potassium 940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

