

# White Chili

Rating: ★★★★★

Makes: 10 servings

## Ingredients

- 4 cups** white beans (cooked, see [recipe](#))
- 1 tablespoon** olive oil
- 2** red pepper (chopped)
- 1** onion (large, chopped)
- 1** chopped green chili (can adjust to taste)
- 3** garlic (cloves, minced)
- 1 tablespoon** chili powder
- 1 teaspoon** cumin
- 1 teaspoon** oregano
- 2 cups** chicken broth (low sodium)
- 2 cups** milk, low-fat
- 1/4 cup** cilantro
- 3/4 pound** chicken (cooked and cubed)
- 6** corn tortillas (toasted and cut into 1 inch squares)

## Directions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>210</b>	
Total Fat	5 g	8%
Protein	18 g	
Carbohydrates	25 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	150 mg	6%