



Award Winning White Chicken Chili

Ingredients

- 2 Tbsp olive oil (for stove top version)
- 1.5 pounds chicken, boneless and skinless breasts
- 1 medium sweet onion, chopped
- 1 green bell pepper, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) of chicken broth
- 1 can of condensed cream of chicken soup, optional (leave out for gluten and dairy-free)
- 1 package of white chicken chili seasoning **OR** for gluten-free seasoning: 1.5 tsp salt, 1 tsp dried oregano, 1/2 tsp chili powder, 2 tsp cumin, 1 tsp red pepper flakes, 1 tsp garlic powder, 1 tsp onion powder
- 1 can (4 oz) diced green chilies with juice
- 1 can (11 oz) shoepeg corn, drained well
- 2 cans of Cannellini beans or other white beans, rinsed and drained
- 3 Tbsp lime juice (1-2 limes, depending on size)
- 1 Tbsp chopped cilantro and additional for garnish (optional)
- Salt, pepper, red pepper flakes to taste
- Optional Garnishes: sour cream, shredded cheese, pickled jalapenos, cilantro, red pepper flakes

Stove Top Directions

1. Chop a medium yellow onion, one green bell pepper and mince two garlic cloves.
2. Heat olive oil over medium in a medium Dutch oven or stock pot and sauté the vegetables until soft.
3. Add the can of green chilis, can of corn, chili seasoning and stir.
4. Add the can of chicken broth, cream of chicken soup (optional, leave out for gluten and/or dairy-free) and stir to combine.
5. Stir in the beans and add the chicken, submerging the chicken in the broth.
6. Cover and simmer gently for 20 minutes (until chicken reaches 165 degrees F), flipping the chicken halfway through.
7. Remove the chicken and set aside on a cutting board.



8. This step is optional and depends on the consistency you would like your chili to have. If you would like a creamier chili, use an immersion blender, blend a small portion of the broth. If you don't have an immersion blender, you can also do this by removing a cup of the broth and using a blender then returning it to the pot.

9. Chop or shred the chicken and return it back to the pot.

10. Simmer for another 5-10 minutes to reheat the chicken.

11. Taste the broth and adjust the seasonings adding salt and pepper or red pepper flakes to taste. Turn off the heat and stir in the lime juice and cilantro (optional). I recommend adding 1 Tbsp of lime juice at a time and tasting as you go.

12. Serve with crackers or tortilla chips. Optional garnishes: sour cream, shredded cheese, pickled jalapenos, cilantro, red pepper flakes.

Slow Cooker Directions

1. Add chopped onion, chopped green bell pepper, chopped garlic, chicken broth, cream of chicken soup (optional, leave out for gluten and/or dairy-free), chili seasoning to the slow cooker and stir together.

2. Submerge the chicken in the broth.

3. Set to low and cook for 4-5 hours, making sure chicken is cooked through (at least 165 degrees F).

4. Remove the chicken to a cutting board.

5. Add the beans and corn to the broth and stir.

6. This step is optional and depends on the consistency you would like your chili to have. If you would like a creamier chili, use an immersion blender, blend a small portion of the broth. If you don't have an immersion blender, you can also do this by removing a cup of the broth and using a blender then returning it to the pot.

7. Shred or chop the chicken and return it to the slow cooker and stir.

8. Cook for an additional 30 minutes, up to an hour.

9. Taste the broth and adjust the seasonings adding salt and pepper or red pepper flakes to taste. Turn off the heat and stir in the lime juice and cilantro (optional). I recommend adding 1 Tbsp of lime juice at a time and tasting as you go.

10. Serve with crackers or tortilla chips. Optional garnishes: sour cream, shredded cheese, pickled jalapenos, cilantro, red pepper flakes.