

## White Chili

### *What you need:*

- 1/2 pound skinless, boneless chicken breasts
- 1 medium onion, chopped
- 2 teaspoons chopped garlic
- 2 cans (15 1/4 ounces each) kidney beans, rinsed & drained
- 1 can (16 ounces) diced tomatoes (reduced sodium if available), not drained
- 1 can (4 ounces) diced green chiles
- 1/2 cup water
- 1 tablespoon dried cilantro
- 2 teaspoons chili powder
- 1/2 teaspoon cumin



### *All you do:*

1. Cut chicken in bite-size pieces.
  2. Heat a saucepan to medium-high. Spray with non-stick cooking spray.
  3. Brown chicken in pan until cooked thoroughly. Add onion and then garlic.
  4. Add remaining ingredients. Cover and simmer for 30 minutes or until chicken is tender.
- \* If the chili is not “soupy” enough, you may want to add one can of low-sodium chicken broth. You may also use cannelloni (white kidney) beans as well.

Nutrition per Serving: Calories 296, Fat 3g, Carbohydrate 42g, Protein 26g, Cholesterol 35mg, Sodium 80mg, Fiber 12 g