

WW White Chicken Chili

(zero point, 10 ingredients)

Meat

2 lbs Chicken breast

Produce

14 oz Corn, canned

1 tsp Garlic powder

1 tsp Onion powder

14 oz Pinto beans, canned

14 oz White beans, canned

Canned Goods

4 cups Chicken broth, fat free

Condiments

16 oz Salsa, green

Baking & Spices

1 Salt and pepper

Nuts & Seeds

2 tsp Cumin

Stovetop: Simply add everything to a large soup pot. Bring to a simmer and let cook for about 30 minutes. Shred the chicken and return to the pot to serve. You can saute some onions and garlic using this method to get things started if you like.

- Change up the salsa: This WW Chili gets a lot of its flavor from the salsa, so changing the salsa you use can give you all different flavor combinations. Use a thick and chunky red salsa for a more traditional chili flavor. Try a chipotle salsa for a smoky heat. Use a hot red salsa if you want lots of spice.

And if you are looking for more of a traditional chili flavor, go with mild salsa and then add lots of chili powder.

- **Make it creamy:** If you want a creamy chicken chili, add some light cream cheese to the mix. It will melt right into the soup and make it super creamy and delicious.
- **Add ranch:** There is a cult following for ranch chili and for good reason. If you want to add some ranch flavor to your chili, add a packet of ranch seasoning (or homemade) to your chili.
- **Switch up the protein:** This recipe will work with chicken breast, 99% lean ground chicken, and 99% lean ground turkey for a zero point soup. You can also use boneless and skinless chicken thighs, lean ground beef, lean ground pork, lean sausage, or lean beef stewing meat but they will change the point values. If you use ground meat, brown it first.
- **Add veggies:** This soup can definitely benefit from some extra veggies. During the last 30 minutes of cooking, consider adding some spinach, chopped zucchini, cauliflower rice, or chopped cabbage. You can also add onion and garlic to kick up those flavors.
- **Toppings:** Since this is a zero point soup, you can have fun with the toppings. Consider adding shredded cheese, sour cream, avocado, baked tortilla chips, queso fresco, diced onion, cilantro, or lime juice.
- **Vegetarian WW Chili:** If you want to make a vegetarian weight watchers chili, just leave out the chicken and add an extra can of beans. Usually, I reach for black beans to make it a three bean chili.
- **Make it thicker:** For a thicker chili, you add a can of refried beans. It will thicken up the broth and make it creamy. You can also use less broth for a more stew like chili.
- **Lower sodium:** With so many canned and jarred products, this chili can quickly get really high in sodium. To reduce the sodium, look for low sodium or no sodium beans. You can also make your own salsa so you can control the salt level. Lastly, make sure to reach for a low sodium chicken broth.