

Fix-and-Forget White Chili



Makes 6 servings

Active time: **10 minutes**

Total time: **7 hours 5 minutes**

Course: **Dinner**

Put in 10 minutes of prep and let your slow cooker do the rest for this warming chili recipe.

Ingredients

- 1 tablespoon cooking oil
- 12 ounces skinless, boneless chicken breasts, cubed
- 3 15-ounce cans great northern beans or navy beans, rinsed and drained
- 2 4.5-ounce cans diced green chile peppers, undrained
- 1 medium onion, chopped
- 2½ cups chicken broth
- 1½ teaspoons cumin seeds
- ¼—1 teaspoon cayenne pepper
- ¼ teaspoon salt
- 1½ teaspoons minced garlic
- Sour cream (optional)
- Avocado slices (optional)
- Fresh thyme sprigs (optional)

Preparation

1. Heat oil in a large skillet. Add chicken; sauté just until lightly browned. Place beans in a 3-1/2- to 4-quart slow cooker; mash slightly with a potato masher.
2. Add chicken to slow cooker. Stir in undrained chiles, onion, broth, cumin seeds, cayenne, salt and garlic. Cover and cook on Low for 7 to 8 hours or on High for 3 1/2 to 4 hours.

3. If desired, serve with sour cream and avocado, and garnish with thyme sprigs.

Nutrition

Per Serving: 377 calories; 52 g carbohydrates; 5 g fat (1 g sat, g mono); 32 g protein; 33 mg cholesterol; 12 g dietary fiber; 724 mg sodium.

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