

White Chicken Chili

Prep Time 15 mins
 Total Time 40 mins
 Meal Type Lunch, Dinner
 Contributed By



Source [Living Plate](#)

Servings 8



Ingredients

lb,c g,ml

- 2 Tbs olive oil
- 1 onion, *chopped*
- 3 cloves garlic, *chopped*
- 5 cup chicken broth, low-sodium
- 1 (15 oz.) can cannellini beans, *drained and rinsed*
- 2 (4 oz.) cans green chiles, *chopped*
- 1 Tbs oregano, dried
- 1 tsp cumin, ground
- 1/4 tsp cayenne, *or more to taste*
- 3 cup chicken breast, *cooked and shredded* or use a rotisserie chicken
- 1/4 cup cilantro, fresh, *chopped*

Directions

Prep

1. Chop onion and garlic.
2. Drain and rinse beans.
3. Shred cooked chicken.
4. Chop cilantro to use as garnish.

Make

1. Heat olive-oil over low-medium heat. Add onion and garlic. Sauté for 3-5 minutes until onions are tender and translucent.
2. Add chicken broth, cannellini beans, green chilies (with liquid), oregano, cumin, and cayenne. Bring the mixture to a simmer for 20 minutes.
3. Using an immersion blender or blender, puree half the mixture to thicken. (If using a blender, be careful not to fill the blender too much or if the mixture is too hot, or the steam will cause the lid to pop off).
4. Add chicken and reduce to low heat.
5. Top with cilantro.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	150	Total Fat 6.5g	10%	Total Carbohydrates 5g	1%
		Saturated Fat 1.3g	6%	Dietary Fiber 1g	2%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 39mg	13%	Protein 18g	
		Sodium 74mg	3%		
Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 1mg 8% · Potassium 324mg 6%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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