

White Chicken Chili Makes 6 servings

1 T canola oil
2 medium poblano peppers, medium dice
1 large onion, medium dice
1 medium jalapeno pepper, minced
4 garlic cloves, minced
3 T taco seasoning
2 (15.25 ounce) cans of low-sodium chicken broth
2 (15.25-ounce) cans white beans, drained and rinsed
2 limes juiced, or about 3T
1 rotisserie chicken, skin removed and meat shredded, about 3 c
Optional toppings: Greek yogurt, lime wedges, cilantro



Add the canola oil to a large stockpot and heat to medium-high. Add the peppers, onions, and garlic and sauté until soft and fragrant, about 5 minutes. Add the cumin, coriander, and chili powder and continue to sauté for 1 more minute to toast the spices. Stir in the chicken stock and lime juice and bring to a simmer. Drain and rinse the beans and mash $\frac{1}{2}$ of them with a fork or potato masher. Add the beans and continue to simmer for 20 more minutes. Stir in the shredded rotisserie chicken and simmer until heated through, about 5 more minutes.

Nutrition information per serving: 485 calories, 12 g fat (4.2 g saturated fat), 38 g carbohydrate, 16 g protein, 522 mg sodium, 8 g dietary fiber. Excellent source of vitamin A and vitamin C. Good source of calcium and iron.



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