

White Bean Chicken Chili



Ingredients:

- Vegetable cooking spray
- 2 teaspoons vegetable oil
- 2 medium onions, chopped
- 2 cans (4 ounces each) chopped green chilies
- 4 teaspoons garlic powder
- 1 tablespoon salt
- 4 teaspoons ground cumin
- 4 teaspoons ground oregano
- 4 teaspoons ground coriander
- 1 teaspoon cayenne pepper
- 4 cans (15.8 ounces each) great northern beans (do not drain)
- 4 cans (10 ½ ounces each) chicken broth
- 1 pound of cooked chicken, boned and skin removed

Spray a large stockpot with cooking spray. Heat oil over medium heat. Add onion; sauté until brown. Add chilies and next 6 ingredients; stir until well blended. Stir in beans, broth and chicken. Bring to a boil; reduce heat to low. Simmer 15 to 20 minutes or until heated through.

Yield: 16-20 (1 cup) servings

Nutrition Facts per 1 cup Serving:

Calories 163, Fat 2 gm, Carbohydrate 23 gm, Fiber 6 gm,
Protein 14 gm, Cholesterol 19 mg, Sodium 488 mg