## White Chicken Chili

Michelle MacDonald, MS, RDN, CDE, Registered Dietitian Nutritionist Certified Diabetes Educator

## Ingredients

- 2 15oz cans no-salt added cannelloni beans, rinsed and drained
- 4 cups low sodium chicken broth
- 2 Tbsp. olive oil
- 1 large yellow onion, diced
- 1 jalapeño pepper, seeded and chopped into small dice
- 2 medium poblano peppers, seeded and diced
- 4-6 garlic cloves, minced
- 1 tablespoon ground cumin
- 1-1/2 teaspoons ground coriander
- 1 teaspoon ancho chili powder
- Salt
- 1 rotisserie chicken, skin removed and shredded
- Fresh chopped cilantro
- Juice from one lime, plus more to taste

## **Steps**

Heat olive oil in a large pot or Dutch oven and heat it over medium heat. Add the onion, jalapeño pepper and poblano peppers and sauté until soft, about 5 minutes. Add the garlic and sauté for one minute more. Add the cumin, coriander and ancho chili powder and continue to cook, stirring frequently, for 1 minute more to toast. Add the chicken stock, one can mashed or pureed beans and 1/2 teaspoon of salt; bring to a boil. Reduce the heat to low and simmer, uncovered, for 10-20 minutes.

Stir in the shredded rotisserie chicken, one can whole beans, cilantro and lime juice; bring back to a simmer and cook until everything is heated through, about 5 minutes. Taste and adjust seasoning.

Vegetarian - Substitute pinto beans for chicken and top with avocado and corn.

