

White Chicken Chili

2 lbs. boneless, skinless chicken breasts
1 Tbsp. olive oil
2 medium onions
4 garlic cloves
2 (4 oz.) cans chopped mild green chilies
2 Tbsp. ground cumin
¼ tsp. ground red pepper
1 tsp. dried oregano
¼ tsp. ground cloves
3 lbs. cooked great northern beans, canned or bottled
4 cups chicken stock or broth
20 oz. Monterey jack cheese, grated divided
Sour Cream
Jalapenos



Place chicken in large saucepan, add cold water to cover. Bring to a simmer, cook until tender approximately 15 to 20 minutes. Remove chicken, dice into ½ in. cubes. Discard water.

Heat oil in a large pot over medium heat. Add onions. Cook until translucent about 4 minutes. Stir in garlic, chilies, cumin, red pepper, oregano and cloves. Saute for 2 to 3 minutes, add chicken, beans, stock and 12 oz. (3 cups) cheese. Let simmer for 15 minutes. Ladle into large bowls, top with cheese, and serve with sour cream and jalapenos if desired.

(For low carb chili, leave out beans. For low fat, leave out cheese).

Enjoy!