

White Bean Chicken Chili

Ingredients

- 1 tbl olive oil
- 2 medium onions, chopped
- 2 tsp ground cumin
- 1½ tsp dried oregano
- Dash of ground red pepper or tabasco
- 2 cans (6 oz) chopped green chilis (undrained)
- 4 garlic cloves, minced
- 6 cups chicken broth
- 3 to 5 cans Great Northern beans (or any white beans)
- 5 cups chopped chicken breast (about 1½ lbs)
- 12 oz shredded Monterey Jack cheese
- ½ tsp salt
- ½ tsp pepper
- Sour cream
- Salsa

Instructions

- Cook onions in olive oil over medium high heat until tender.
- Add cumin, oregano, red pepper, green chilis and garlic. Saute 2 minutes.
- Add beans and chicken broth, chicken, 1 cup cheese, salt and pepper.
- Simmer uncovered for 30 minutes, stirring frequently.
- Spoon chili into bowls.
- Top with remaining cheese, sour cream and salsa.